The vvhole Body of

COOKERY DISSECTED,

Taught, and fully manifeſted, Methodically, Artificially, and according to the beſt Tradition of the *Engliſh, French, Italian, Dutch,* &c.

OR,

A Sympathy of all varieties in Natural Compounds in that Myſterie.

Wherein is contained certain Bills of Fare for the Seaſons of the year, for Feaſts and Common Diets.

Whereunto is annexed a Second Part of Rare Receipts of Cookery : With certain uſeful Traditions.

With a Book of Preſerving, Conſerving and Candying, after the moſt Exquiſite and Neweſt manner : Delectable for Ladies and Gentlewomen.

LONDON,

Printed for *E. Calvert*, at the ſign of the black Spread Eagle, at the Weſt end of St. *Pauls*, 1673.

268. c. 295

BODLEIAN

To her Highneſs the Illuſtrious Dutcheſs Dowager of *Richmond* and *Lynox* her Grace.

To her Highneſs the Dutcheſs of *Buckingham* her Grace.

To the moſt honourable, renowned and ſingular good Lady, the Lady *Jane Lane.*

To the right honourable and ſingular good and vertuous Lady, the Lady *Mary Tufton.*

To the honourable the vertuous good Lady, the Lady *Agnes Walker.*

May it pleaſe your Graces and Ladiſhips,

Hoſe boundleſs unſpeakable vertues dwelling in you, which have been daily manifeſt (even in thoſe late covetous deſtructive times under the cloak of Frugality) in your Liberality and Hoſpitality, by which you have been upholders and nouriſhers of all ingenuous Arts and Sciences, and in particular that of the ſaid Myſterie of Cookery, who have not only entertained thoſe of the Arts as Domeſtick Servants in your houſes, but have conferred many high favours on them beſides: And thus according to your various roots of goodneſs, you have

sprung forth, and born fruit for the nourishment of all that came under your shadow, but differently, according to your noble worth, which I shall more particularly set forth in several Dedications to your Graces and Ladiships; and since my small ability can give no symptom of a thankful acknowledgement, save this small Tract of my Practical Experimental labours in my long travels in several Kingdoms, if admitted into your Treasury of Volumes, I question not but upon perusal, it may, as the Widows mite, find acceptance. I humbly crave your favourable construction thereof, that thereby it may receive further strength under the shadow of that gracious Canopy, which is the height of his ambition, who desires to be devoted,

Your Graces and Ladiships poor unworthy Servant till death,

Will. Rabisha.

To the Reader.

Impartial Reader,

Any reaſons have at laſt induced me to preſent the world with this ſmall Tract of my many years ſtudy and practice in the Art and Myſterie of Cookery.

Firſt, In that I was brought up in the Family of an honourable Lady, who ſpared for no coſt nor charge, for my inſtruction in the ſaid Art, not only at home in her houſe, but alſo abroad in the late Kings Court, of ever bleſſed memory, and in the houſes of certain honourable perſons, and at the entertainment of Embaſſadors, beſides many other Feaſts: Since which time, I have ſerved as Maſter Cook to many honourable Families before and ſince the Iwars began, both in this my Native Countrey, and with Embaſſadors and other Nobles in certain forraign patts: Thus having through Traditions, and my conſtant practical experience in this the long progreſs of my life, received knowledge herein, and conſidering the world is a body, and every individual and rational ſoul a member thereof, and that man was not born for himſelf, but for the good of the whole, it is but juſt to pay tribute unto her, from whom I received all, which I do account but a very ſmall compenſation, to return this my mite into the ſame treaſury from whence I firſt received it.

Secondly, It hath been the practice of moſt of the ingenuous men of all Arts and Sciences, to hold forth to

Posterity, what light or knowledge they understood to be obscure in their said Art: And the wisest of Philosophers, learned and pious men of old, have highly extolled these principles, who went not out like the snuff of a candle, but have left their Volumes to after-ages, to be their School-master in what they have a mind to practise; which calls back time, and gives life to the dead.

Thirdly, I was further encouraged to this work, by seeing that happy and blessed restauration of our long-exiled Royal Luminaries; and the hopes of the benevolent Influence of Liberality and Hospitality, which is in part the Life of Arts and Sciences. It is indeed like the Sun in the Firmament, which keeps not his light and heat for himself, but in his Gradual revolution, freely bestows himself to the giving of life, feeding and cloathing the whole Universe: And doth not his Representation and Production, even our Sun, or King, and his Nobles do the like? Do not thousands live by their benevolence? What have they more than others, but honourable respect and attendance? As for food and rayment, they pay for, by which all men live; for all that they have comes to the Purse, Pocket, Back and Belly of all men yearly; they are like a great Wheel that moves the next; and so they move one the other, that none stands idle; the removing of which, is the destruction of the whole, which we have lately found by woful experience, occasioned by *Solomons* fools, even men to whom God hath given riches, so that they want nothing for their soul of all that they can desire, yet God giveth them not power to eat thereof, but a stranger eateth it, but this hath been their vanity, and their evil disease; notwithstanding they had as good pretences as *Judas*, who said, Wherefore serves this waste, it might have been sold for much money and given to the poor.

Fourthly, Being desired by many young Practitioners in this Art, and others, for Receipts and assistance therein,

in, I was the more willing to preſent theſe my ſmall endeavours to publick view, for the ſatisfaction of all thoſe that are ingenuous, and deſirous to be inſtructed in the ſaid Practice. I do not queſtion but divers Brethren of my own Fraternity may open their mouths againſt me, for publiſhing this Treatiſe, pretending that thereby it may teach every Kitchen-wench, and ſuch as never ſerved their times, and ſo be prejudicial to the Fraternity of Cooks; but theſe are to let them know, the ſame may as truly be ſaid of all other Arts and Sciences, the Aſtronomer, Mathematician, Navigator, Phyſitian, Chirurgion, Farrier, and many hundred more. And what Artiſts amongſt them, make not themſelves perfect, as well by ſtudying their Volumes, as by practice. Yet there is an evil amongſt moſt men, when they have learned themſelves by other mens light, they would extinguiſh that light, that none might follow them; and ſo men monopolize all knowledge therein to themſelves, and condemn all thoſe that are a guide and light to the ignorant; there is none other but ſuch will condemn me in what I have done. Again, they are miſtaken that think a Tract of this kind can be very beneficial unto any, but ſuch as have been in ſome meaſure Practitioners, and underſtand the nature of the ingredients propoſed for the performances of any one thing; for experience ſhall tell all my Brethren, that it is an hard thing to teach a young Practitioner to dreſs many hundred of the ſaid diſhes, after the compoſition is made; nay, although they look on them, and give them direction, yet will they ſpoyl it in the doing, therefore I hope it will anſwer my end and no more; which is for the inſtruction of young Practitioners, that give their minds to the ſtudy thereof; and to the end that it may, I here preſent unto the Reader this ſmall Tract in a methodical form, as Cookery lyes in its order and workmanſhip, containing in the firſt part thereof, fifteen Books, the firſt ſix of

which may be called Cookery in its preparations to Feaſts or Common Diets, and in that regard they are to be performed Moneths, Weeks, or Dayes before-hand, for the greateſt part thereof; the firſt contains Pickles, the ſecond how to ſowce, pickle, and coller all manner of fiſh; ſo through all your preparations of cold meats of all kinds, Jelly, Leaches, Creams, and many other uſeful and neceſſary things for your Feaſt on all occaſions; and in the ſeventh Book you begin to ſee your Cookery in its heat, running through all the reſt of the Books in all kinds of Cookery, in a methodical manner. I have alſo for thy further inſtruction compoſed certain Bills of Fare for the four ſeaſons; and a ſecond Book, called, Rare receipts in Cookery, with ſome uſeful old Traditions and new Inſtructions, which will be very neceſſary and advantagious for the Fraternity of Cooks; together with a Book of reſerving, Conſerving and Candying: I would deſire the Reader in all theſe, for his further benefit, to obſerve theſe few particulars.

1. Firſt, that whereas the diſhes of meat may ſeem too big in moſt, or all the Receipts to ſome; that makes no matter to the teaching of them that have occaſion to have them leſs; it is remedied in taking an equal proportion of each ingredient, according to the quantity as you intend to dreſs, whether half, or a quarter, or ſo much as the Receipt. Again, if you would augment, you muſt take a bigger quantity of each ſimple in your general compound.

2. If Salt be left out where it ought to be, as it is poſſible it may, correct that fault; alſo take out your faggot of ſweet herbs, Onions, Garlick, or whole Spices from your meats, when you go to diſh your meats; for I have omitted to mention this in every Receipt, becauſe once done, will ſerve for all.

3. That the Reader would take notice, that the ſecond part, called Receipts, was intended to be placed in the firſt

first part, in order and form, every sort by it self, as the first part is composed; but the Author being absent in the Countrey, that and many things more intended were neglected: only I desire the Reader to correct it in his own thoughts, and enlarge it by what is done, until the Author gets further opportunity to add thereto.

4. Let not the Reader think that the Bills of Fare be too big, but consider, if he intends to have fewer dishes, what an advantage he hath to have his choice out of so many.

5. Whereas there are some Bills of flesh, only for flesh-dayes, and others of fish, for fish-dayes, in case you would have both fish and flesh, you may make a mixture at your pleasure.

6. Observe that some things proposed are not in season the whole Season, or three Months, but part thereof; for example, in *March* and *April* Oysters are in season, but not in *May*; in which time Trouts and many other sorts of fish and some flesh, as Bucks, are not in season, but they are in season in *May*, so the like in all the other seasons of many things. You must correct your Bills of Fare for these things, and take that which comes in, for that which went out: So minding the four seasons, the ingenuous Practitioner will be able to make a Bill of Fare of himself, without the help of any. I have in the whole matter used my uttermost endeavour to instruct the ingenuous Practitioner. If any thing therein be omitted or profuse, I shall desire thy charitable construction thereof; if it be worthy of thy acceptance, it answereth my expectation, and will further encourage him to serve thee in the like matter, who subscribes himself, thine in the Art and Mysterie of Cookery,

Will. Rabisha.

In Commendation of the Author.

Cooks burn your Books, and vail your empty brains;
Put off your feigned Aprons, view the ſtrains
Of this new piece, whoſe Author doth diſplay
The braveſt diſh, and ſhew the neareſt way
T' inform the loweſt Cook how he may dreſs,
And make the meaneſt meat the higheſt meſs:
To pleaſe the Fancy of the daintieſt Dame,
And ſute her palate that ſhe praiſe the ſame.
Give him return of worth, (beſides due wages)
And recommend his Book to future ages.
Let it be known Rabiſha *here hath hit,*
The faireſt paſſage that hath dared it.
But read his Book, and judge his pains,
His is the labour, yours the gains.
Of vacant herbs and roots he maketh Sallets,
And Pickle for your uſe, to pleaſe all Pallats.
To coller, ſowce, and pickle fleſh ſo rare,
None that is extant can with him compare.
To Marinate, to Sowce, and pickle fiſh,
So rich, ſo high, as any heart could wiſh.
See how he baketh fleſh and fiſh, for cold
Varieties, of each both young and old.
Jellies and Leaches fit for Royal Courts,
And Creams for Ladies choice of divers ſorts.
His Broths, Pottages, to the taſte and ſight,
Would Eſau-*like, make ſome to ſell their right.*
Preparatives great ſtore he doth compound,
For boyled and bak'd, ſo rare and ſo profound.
Next boyled meats rehearſeth in ſuch order,
As doth become ſo skilful a Recorder.

For

For Puddings, like to his have not been ſeen,
Fit for the Royal Table of a Queen.
To Carbonado, and to Haſh and Stew,
He all correcteth, by his Art more new.
To Fry and Frigaſie, his way's moſt neat.
How he compounds a thouſand ſorts of meat!
His Sallets are prepar'd each in their ſeaſon,
Diſhed in form, by Arts admired reaſon.
To roaſt and ſauce your fleſh of every kind,
Forc'd, Fearſt, with pallets bogo to each mind.
Next how to ſtew, and boyl all ſorts of fiſh,
With rich ingredients to every diſh.
Learn here to bake, broyl, frigaſie and roaſt,
Nay more, collered fiſh, fry'd, fearſt, and forſt.
Fleſh bak'd meats hot, ſo rich and excellent,
Whoſe ſavoury taſte would give to all content.
With Tarts ſo delicate, 's new invention,
Doth far ſurpaſs my apprehenſion.
Beſides, he hath ſet forth two Bills of Fare,
For every ſeaſon within the year.
A ſecond Book he hath of Rare Receipts,
Affecting freedom, more than avarice baits.
In theſe his works the noble will delight,
For he can make and marr an appetite.
Therefore brave Book, into the world be gone,
Thou vindicatſt thy Author; fearing none
That ever was, or is, or e're ſhall be,
Able to find the parallel of thee.

A Bill of Fare for an Extraordinary Feaſt, on a Fleſh day in the Spring.

Firſt Courſe.

1 A Bisk or grand boyled meat.
2 A Chine of Mutton or Veal, with Oyſters.
3 A Grand Sallet.
4 A diſh of boyled Carps.
5 A diſh of Pheaſants.
6 A grand Pattee of Chickens.
7 A Pottage or Skink.
8 A Turkey.
9 A Carbonado.
10 A ſallet of Capon.
11 A Calves head haſhed.
12 A Chine of Beef.
13 A Lumber Pye.
14 A diſh of boyled Puddings.
15 A diſh of larded Collops ſmeered.
16 A boyled meat of Hens, with a Gammon of Weſtphalie Bacon.
17 A Grand Sallet.
18 A Jigget of Mutton with Oyſters.
19 A Pike with ſmall fiſh fryed.
20 A Hare larded.
21 A Frigaſie of Chickens.
22 A Lamb-Pye.
23 Marrow Puddings.
24 A Kid larded & forced.
25 A diſh of Heath-Poults larded.
26 A Forced meat boyled.
27 A diſh of Olives of veal roaſted.
28 A made diſh.
29 A ſouſed Pigg.
30 A boyled Sallet of Spinage, *&c.*
31 A rump of Beef.
32 A diſh of Hens roaſted.
33 A diſh of cold meats of ſeveral ſorts.
34 A cold baked meat.
35 A diſh of collered Veal, ſouſed and ſliced.

Second

Second Courſe.

1 A diſh of Quails.
2 A diſh of tame Pigeons.
3 A diſh of young Turkeys larded.
4 A diſh of great Sowls fryed.
5 A diſh of Anchovies.
6 A diſh of rich Tarts.
7 A diſh of Tanzies of ſeveral colours.
8 A diſh of Cowſlip Cream.
9 An Orangado pye.
10 A diſh of Jellies.
11 A diſh of Chickens.
12 A diſh of Leveretts.
13 A diſh of Prewen Tarts.
14 An Almond Cream.
15 A diſh of Peaſe in *March* or *April*.
16 A diſh of Ruffs.
17 A diſh of young Ducklins.
18 A Potatoe pye.
19 A diſh of Sturgeon.
20 A Sallet of Neats-tongue.
21 A diſh of pickled Smelts.
22 A diſh of laid Tarts.
23 A Frigaſie of Apples.
24 A chine of Salmon broyled.
25 A diſh of Caveer and Potargo.
26 A diſh of young Rabbets.
27 A ſet Cuſtard.
28 A cold baked meat of Veniſon.
29 A diſh of roaſted Pigeons wild, larded.
30 A diſh of Leach.
31 A Trotter pye, with Taffatee Tarts.
32 A diſh of broyled Oyſters.
33 A diſh of collered ſouſed Eel.
34 A diſh of collered Beef, as red as Anchovies.
35 A diſh of Pranes, Shrimps, or Oyſters.

A Bill of Fare for a Fiſh-Dinner in the Spring.

Firſt Courſe.

1 A Bisk of Fiſh.
2 A diſh of rich Puddings boyled.
3 A Sallet of Spinage or Peaſe.

4 A Carp pye.
5 A Rock of butter.
6 A diſh of fryed Ling, with poached eggs.
7 A Salmon boyled whole.
8 A diſh of Maids in green.
9 An Eele pye.
10 A diſh of buttered rolls.
11 A Pike roaſted.
12 A Joll of Ling.
13 A diſh of toaſts.
14 A diſh of Perches boyled.
15 A diſh of buttered eggs.
16 A diſh of Mullets or Bace, with ſmall fiſh.
17 A diſh of Puffs.
18 A diſh of Barrel-cod.
19 A ſtewed Carp.
20 A Salmon pye.

Second Courſe.

1 A diſh of Sowls fryed.
2 A Spitchcock Eel with Shrimps buttered.
3 A diſh of broyled Oyſters.
4 A diſh of fryed Smelts.
5 A Spinage Tart.
6 An Eel pye.
7 A diſh of buttered Crabs.
8 A diſh of Skerrets fryed green.
9 A diſh of broyl'd Breams.
10 A diſh of Anchovies.
11 A diſh of roaſted Eeles.
12 A diſh of Tarts of ſeveral ſorts.
13 A chine of Salmon broyled.
14 A diſh of Trouts fryed.
15 A Fraiſe of Shrimps.
16 Collered Eels ſouſed.
17 A Lampry Eel pye.
18 A diſh of broyled Whitings.
19 A diſh of Crafiſh buttered.
20 A diſh of Cheeſe-cakes.

In this Bill of Fare, I have altogether omitted fleſh, becauſe there is enough mentioned in the other Bill, you may but add three diſhes of fleſh (of either boyled, baked, roaſted, haſhed, carbonadoed, frigaſied, ſtewed, or broyled) to every five diſhes of the firſt or ſecond Courſe of fiſh here preſcribed; which will make it up thirty two diſhes to each Courſe, (if you pleaſe you may ſubſtract them to a ſmaller number, or common die.) Again you muſt obſerve, that a Bill of Fare cannot

not be made for any one of the Seaſons; becauſe they vary; for in ſome Months many things are in ſeaſon, that are not in others; as for example, Lobſters, Crafiſh, Crabs, Salmon, Trouts, beſides certain herbs and flowers, theſe are not fully in ſeaſon in the beginning of *March*, but they are in *May*; As alſo Oyſters and certain other fiſh, and wild-fowl, are in ſeaſon the beginning of *March*, but out in *May*; therefore according to the time of your Feaſt, you muſt take what is in ſeaſon in the place of that which is gone out, notwithſtanding ſpecified in the Bills of Fare: And as in this Quarter, ſo in all the other.

A Bill of Fare on a Fleſh-day for the Summer Seaſon.

Firſt Courſe.

1 A Boyled meat of Pullets or Caponets bred in *March*.
2 A diſh of rich Puddings of ſeveral colours.
3 A chine of Veal larded, and Mutton drawn with Time and Lemon pill.
4 A Grand ſallet in plates.
5 A diſh of young Turkies half larded.
6 A diſh of ſtewed Carps.
7 A Bisk pye of fleſh.
8 A hanch of Veniſon boyled with Collyflowers.
9 A Frigaſie of Chickens, green,
10 A diſh of large Leverets larded.
11 A forced boyled meat of a leg of Lamb, and other ingredients.
12 A Veniſon paſty.
13 A diſh of Capons roaſted.
14 A Marrow Pudding, or ſome other, boyled or baked.
15 A boyled Sallet with toaſt.
16 A boyled meat of a Calves-head.
17 A chine of Beef roaſted.

18 A larded Bace, with small shell-fish, & other, or Salmon.
19 A Lamb pye.
20 Two Geese roasted.
21 A raw hash as a boyled meat.
22 A shoulder of Mutton roasted in Blood, or else a hanch of Venison.
23 A carbonadoed Lamb.
24 A Pig & a Kid in a pye.
25 A dish of Pullets roasted.
26 A piece of boyled Beef, or Udders and Tongues with Cabbage.
27 A cold Hash.
28 A dish of cold meat.
29 A dish of collered Beef or Veal.
30. A set Custard.

Second Course.

1 A dish of Quailes half larded small with Vine leaves.
2 A dish of young Heron-sews larded.
3 A dish of young Pease.
4 A dish of Sowls.
5 A Sallet of Anchovies.
6 An Artichoke pye.
7 A dish of Cream.
8 A dish of tame Pigeons.
9 A dish of Ruffs.
10 A Made dish.
11 A cold baked meat.
12 A dish of forced or buttered Crabs.
13 A dish of green Codlings and Cream.
14 A dish of Chickens.
15 A young Kid roasted whole.
16 A dish of rich Tarts.
17 A souced Turbet.
18 A dish of Artichokes.
19 A chine of Salmon broyled.
20 A dish of Knotts.
21 A dish of Partridges, or at the upper end.
22 A Joll of Sturgeon.
23 A dish of Goos-berry and Cherry Tarts.
24 A dish of Spitchcock Eels.
25 A dish of Rabbets larded.
26 A dish of Caveer and Potargo.
27 A cold baked meat.
28 A dish of young Ducks.
29 A dish of potted Venison.
30 A Gammon of Westphalie Bacon.
31 A dish of dryed Tongues.

A Bill of Fare on a Fish-day, for the Summer season.

First Course.

1 A Bisk or Olue of fish, with small fish.
2 A dish of Barley Cream hot.
3 A sallet, with a rock of butter in the middle.
4 A Carp pie.
5 A dish of Rice on toasts with Wafers.
6 A Pike roasted.
7 A dish of butter'd eggs.
8 A dish of great Flounders stewed.
9 Souced Mullets and Bace
10 A boyled Sallet.
11 An Eel pie.
12 A Jowl of Ling.
13 A dish of buttered loaves.
14 A dish of Whitings.
15 A dish of shuets of Ling
16 A dish of quaking Pudding buttered.
17 A dish of Perches or Plaice.
18 A dish of Rice milk hot.
19 A dish of Barrel-Cod, buttered with eggs.
20 Sallet and Butter.

Second Course.

1 A dish of fair Souls fryed
2 A dish of Cra-fish buttered.
3 An Artichoke pie.
4 A dish of Strawberry Cream.
5 A dish of Anchovies.
6 A dish or chine of Salmon broyled.
7 A souced Eele in collers.
8 A dish of fryed Smelts.
9 A dish of rich Tarts.
10 A dish of Potargo and Caveere.
11 A dish of Trouts or Salmon-peels boyled or fryed.
12 A dish of Tenches in Jelly.
13 Tanzy of certain colours, on plates in a voier.
14 A dish of Dowsets or set Custard.
15 A dish of butter'd Crabs
16 A Jowl of Sturgeon.
17 A dish of Lobsters.
18 A Spitchcock Eele.
19 A made dish, or Egg-pie
20 A dish of Leach.

These and many other sorts of fish, and other varieties, are in season in the Summer, which you may make use of at your pleasure,

A Bill of fare for a Flesh-dinner in Autumn.

First Course.

1 A Dish of fowl with ingredients, for a grand boyled meat.
2 Chines of Mutton and Veal in pieces, roasted with Oysters, and larded
3 A grand Sallet in plates on a Charger.
4 An Olue of Puddings.
5 A dish of Pheasants.
6 A Pattee, or Pie of ingredients.
7 Hares larded.
8 A chine of Pork boyled and carbonadoed with Turnips.
9 A Venison pasty of a Doe
10 Two hen Turkies larded
11 A Hash.
12 A chine of roast Beef.
13 A Marrow Pudding.
14 A Frigasie of Chickens,
15 A dish of collops of Veal larded.
16 A dish of collered Pork.
17 A dish of Capons.
18 A Made dish.
19 A stewed meat with pottage.
20 A baked meat of Rabbets.
21 Two Geese in a dish.
22 A leg or fillets of Veal farced and larded.

Second Course.

1 Partridges.
2 Quails.
3 An Amulet of preserved Lemmon.
4 A dish of rich Taffatee Tarts.
5 A Sallet of Lemmon, Caveer, Anchovies, and other of that nature, to corroborate the palate, and cause appetite.
6 A dish of Curlews.
7 Godwithes.
8 Warden pie.
9 A dish of Rabbets larded
10 A dish of Leach and Jelly
11 A dish of cram'd Chickens.
12 A dish of tame Pigeons.
13 A laid Tart of preserves
14 A dish of Skeerits fryed.
15 Stewed Peaches.
16 A dish of Red-shanks.
17 A dish of Teal if good, or other wild fowl.
18 A dish of collered Geese
19 Of Westphalie Bacon and Tongues.
20 A cold baked meat of red Dear.
21 A set Custard.
22 Of baked Apples with Orangado.

A

A Bill of Fare for the Winter Quarter, for a Flesh-day at Dinner.

First Course.

1 A Coller of Brawn.
2 A brown Bisk or Olue.
3 A chine of Mutton or Veal in a Dish larded.
4 A grand Sallet of pickles.
5 A baked meat of small wild fowl, with ingredients.
6 Pheasants larded.
7 A Frigasy of great Chickens, or Rabbets larded.
8 An Almond Pudding baked in a dish, with a garnish of Puff-paste.
9 A dish of stewed broth, if at *Christmas*.
10 A dish of Hens with eggs
11 A Pasty of Venison.
12 A Hash.
13 A chine of beef.
14 A forced baked meat with artificial fowl.
15 A dish of minced Pies.
16 A Swan or Geese.
17 Capons and white broth.
18 Chines of Pork roasted.
19 Olives of Veal roasted.
20 A Brawns head souced.

Second Course.

1 Six Cocks.
2 Twelve Snites.
3 A dish of Anchovies.
4 A Bacon Tart.
5 A dish of Jelly.
6 A Potatoe pie.
7 Six Plovers
8 Six Teal.
9 Two dozen of Larks with Lard.
10 A dish of rich Tarts, in Puff-paste.
11 A Lamb in joints.
12 A dish of Leach and Blamaing.
13 Wild Goose pie cold.
14 Wild Ducks roasted.
15 A dish of tame Pigeons.
16 An Orangado pie.
17 A Frigasie of Pistaches and Pine-apple curnels.
18 A dish of Wigeons larded.
19 A set Custard.
20 A cold baked meat of Venison.

A Bill of Fare for three Courſes for the Winter-ſeaſon, of Fiſh and Fleſh, in February *and* March.

Firſt Courſe.

A Diſh of collops and eggs.
A boyled meat of many ſmall ingredients, with a pottage.
A Grand ſallet.
A Jigget of Mutton with Oyſters.
Two Carps boyled.
A Lamb pie.
A Paſty of a barren Doe.
A Haſh of a Calves head.
Olives of a leg of Pork roaſted.
A boyled meat of Hens, with Eggs, Saſſages and Oyſters.
A diſh of Stewed Flounders.
Geeſe roaſted.

Second Courſe.

Pheaſants larded.
A diſh of young Rabbets.
A diſh of Curlews.
Sowls marrinated.
A Skirret pie.
Lamb in joints.
Broyled Oyſters.
A diſh of Tarts.
A diſh of Jelly.
A Frigaſy of Cra-fiſh,
A diſh of young Hens with Eggs.
A diſh of Friters.
A Tanzy.
A diſh of Pancakes.

Third Courſe.

A diſh of Scollops broyled
Weſtphaly Bacon.
A diſh of Anchovies.
A diſh of Tongues.
A diſh of Caveer and Potargo.
A diſh of Sturgeon.
A diſh of pickled Muſhrooms.
A Lamprey pie
A Frigaſy of Piſtaches.
A made diſh of Parmiſant.

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The whole Body of

COOKERY DISSECTED.

BOOK I.

How to pickle Cowcumbers.

TAke your ſmalleſt Cowcumbers, or Gerkins, after *Bartholomew*-tyde, dip a cloth in beer, and rub them clean from the dirt, then put a laying of Bay and Dill leafs in the bottom of your Firkin or Pot, and a quantity of whole Pepper, two or three blades of Mace, and as many Cloves; then place a laying of *C*owcumbers thereon; ſo continue with your ſaid ingredients till your Pot or Firkin be full; then make a Liquor with fair water, and good ſtore of Dill to make it ſtrong, with ſo much ſalt as will bear an egg; you may infuſe the Dill, or you may boyl it, but let it be cold, then put it into your Cowcumbers; let this pickle continue to them almoſt a fortnight, then pour part away, and fill it up with white wine Vinegar, ſo ſhall your Cowcumbers be green and criſp, and not too ſour.

How to pickle Muſhroms.

TAke a buſhell of Muſhroms, blanch them over the crown, barb them beneath; if they are new, they look as red as a Cherry; if old, black; this being done, throw them into a pan of boyling water, then take them forth and let them drain; when they are cold, put them up into your Pot or Glaſs, put thereto Cloves, Mace, Ginger, Nutmeggs, whole Pepper; then take white-wine, a little Vinegar, with a little quantity of ſalt, ſo pour the Liquor into your Muſhroms, and ſtop them cloſe for your uſe all the year.

To pickle the tops of Elder.

BReak the tops of your young ſprouts of Elder, in *March* or *April*, having a quantity thereof broke in pieces ſix inches long; boyl them in water half a dozen walms, then pour them out into your Sieve or Collinder, and let them drain; then prepare a pickle of wine or beer; put thereto a little ſalt, and a little bruiſed Pepper; ſo put them into the ſaid pickle, and ſtop them. A good ſallet.

To pickle Elder-buds in March, *before the tree leaves.*

HAving gathered what quantity you pleaſe before they are full blown, and put them into wine-vinegar, they are a good ſallet. If in caſe they are full blown, as in *June*, they ſerve to make ſtrong Elder-vinegar; and themſelves no ſallet: This Vinegar is good to make ſauce for divers ſorts of meat.

To pickle Clove-Gilly-flowers.

WHen you have picked a good quantity of Gilly-flowers, mingle half white-wine and half Vinegar together, with ſo much white ſugar as will make them ſweet and ſharp, and ſo put your Gilly-

flowers

flowers in, with a few Cloves, which is a good ſallet, and the liquor thereof will ſerve for Lears for ſweet and ſharp boyled meats, or baked meats.

To pickle Purſland ſtalks.

WHen they are waſhed, and cut in pieces ſix inches long, boyl them with water and ſalt, a dozen walms; when they are taken up, drained, and cold, let your pickle be ſtale beer, and wine-vinegar; add a handful of ſalt thereunto, and put them up into your veſſel, and ſtop them up cloſe, and they will keep to the Spring following.

To pickle Artichokes.

TAke your Artichokes before they are over-grown, or too full of ſtrings, and when they are pared round, that nothing is left but the bottom, boyl them till they be indifferent tender, but not full boyled, take them up, let them be cold, then take good ſtale-beer, and white-wine, with a great quantity of whole Pepper, ſo put them up into a barrel, with a ſmall quantity of ſalt, keep them cloſe, and they will not be ſour; it will ſerve for baked meats, and boyled meats, all the Winter.

To pickle the tops of Turnips.

TAke the tops of young Turnips, cut off the ſuperfluous branches, or leaves, when your water boyles put them in, and let them boyl till they are indifferent tender; then take them out, and let them drain, and put them into a pickle of white-wine Vinegar and ſalt.

The ſame manner may you pickle the ſprouts of Cabbage-ſtocks, but take a care you do not over-boyl them.

To pickle green Figgs.

TAke your green Figgs about *Auguſt*, cut them in halves, and boyl them up in Vinegar, a little quantity of Sugar, large Mace and Cloves, ſo put them up into your Pot or Glaſs in the ſame liquor; they will ſerve to Garniſh your boyled meats, or Friggeſes, in the Winter.

To pickle Barbaries red.

WHen your Barbaries are picked from the leaves in cluſters, about *Michaelmas*, or when they are ripe, let your water boyl, and give them half a dozen walms; let your pickle be of white-wine and Vinegar, not too ſharp, ſo put them up for your uſe.

To pickle Sampier green.

TAke your Sampier freſh from the Rock, and pickle it in water and ſalt; when you have occaſion to uſe thereof, take what quantity you pleaſe, and throw it into boyling water; although before it had loſt its colour, ſix or ſeven walms will make it green; drain it, cool it, and put it into a pickle of Vinegar for your preſent uſe; otherwiſe you may firſt boyl it in good ſtore of water and ſalt, and keep it in the ſame liquor; but the firſt way is the beſt.

To pickle ſtalks of Theſſell or Sherdowns.

IN *March* or *April*, there is Theſell runs up like an Artichoke; the root thereof is like to the bottom of an Artichoke; both root and ſtalk being peeled, and boyled in water and ſalt, you may pickle them in white-wine; it will ſerve either for baked, or boyled meats, or elſe to be ordered and ſent to the table as Artichokes.

To pickle Reddiſh tops.

YOu muſt do with this, as you do your Turnips, or ſprouts of Cabbage; it will ſerve for a hot ſallet.

To pickle Taragon.

YOur Taragon being ſtripped from the ſtalk, put it into your Glaſs or Veſſel, and let your pickle be half white-wine, half Vinegar, ſo keep it for your uſe.

To pickle Cowſlips.

THey are only to be pickled with Vinegar and Sugar.

To pickle Fennell or Dill.

LEt your water boyl, then having your young Fennell tyed up in bunches, half a dozen walms will be enough, drain it, and let your pickle be Vinegar.

To pickle Red Cabbage.

TAke your cloſe-leav'd Red-Cabbage, and cut it in quarters, and when your liquor boyls, give it a dozen walms, and pickle it in Claret-wine Vinegar; you may put into it your Beet-roots boyled, and your Turnips half-boyled; it will all ſerve both for garniſhing and ſallet; for your Turnips thereby ſhall be dyed into a crimſon colour, a handſom garniſhing to the eye.

To pickle Burdock-Roots.

YOur Burdock-Roots being ſcraped and half-boyled, pickle them with half white-wine, half Vinegar, with a little Pepper and Salt, and when you will make uſe of them, ſlice them thin.

To pickle Lemmon and Orange Pill.

THey being boyled with Vinegar and Sugar, put them up into the ſame pickle; you muſt obſerve to cut them in ſmall long thongs, the length of half the Pill of your Lemmon being pared; it is an handſome ſavoury Winter-ſallet; theſe ought to be firſt boyled in water, before you boyl them in Sugar.

To pickle Aſhen Keyes.

BOyl your Aſhen Keyes in water, and let the pickle be Vinegar.

To pickle curled Endive.

YOu muſt give your Endive a ſcald in a walm of boyling water, and pickle it with half white-wine and half Vinegar.

To pickle Charnell.

YOu muſt give your Charnell two or three walms in boyling water; the pickle muſt be only with Vinegar.

To pickle Quinces.

TAke your fair Quinces, and core them with your boring irons or ſcoop; take the worſt of your Quinces, and cut them to pieces, and boyl your core or pieces in your pan of liquor, ſo that you make the liquor ſtrong, then boyl your Quinces prepared to pickle, till they may be ſuppoſed a quarter boyled, then ſtrain out your liquor with your hair-ſieve, or ſtrainer, and put a ſmall quantity of ſalt, add thereto ſome ſtrong beer, and put up your Quinces whole in your Veſſel or Pot, and pour in ſome of the ſame liquor, and ſtop them cloſe up.

To pickle Bramble-Fruit.

IT is a long berry, but full of ſtones, ſome call them Services, or Hipps: Your pickle is beer-vinegar, and a little Sugar; you muſt give them three or four walms; but if they are full ripe, you are to pickle them raw as they are.

To pickle Broom-buds.

PUt your Broom-buds into little Linnen Baggs, tye them up cloſe, make a pickle of Bay-ſalt and water, being boyled together, ſo that it will bear an egg; when it is cold, put it into your Veſſel or Pot, to your baggs of Broom-buds, keep it cloſe ſtopt, and let it lye until it looks black, ſhift it again once or twice, until it change to a bright or green colour, afterwards take it out, and boyl it, as your occaſion calls for, and pickle it in Vinegar. It will keep a moneth or two.

To pickle Bog-berries.

BOyl up ſome Vinegar and Sugar together, and pour it in, being hot, into your Pot or Veſſel where your Bog-berries are: And they will ſerve to garniſh your diſhes all the Winter; you may do the like to pickle Hogg-haws; only boyl them up if they are not ripe.

To pickle Grapes.

LEt not your Grapes be fully ripe; their pickle is white-wine and a little Sugar.

To pickle Red and White Currans.

TAke Vinegar and white-wine, with ſo much Sugar as will make it pretty ſweet, then take your Red or White Currans, being not fully ripe, and give them one walm, ſo cover them over with the ſaid pickle, keeping them alwayes under liquor.

To

To pickle Elder, or many other buds of trees in the Spring, that uſeth to ſerve for Spring-ſallets.

GIve them one or two walms with Vinegar, Salt, whole Pepper, long Mace, and a Lemmon-Pill cut in pieces, then drain them, and let the Buds and the Liquor cool ſeverally; afterwards put them in a Pot, and cover them with your pickle.

To pickle Cabbage-ſtalks.

ABout *Michaelmas* you may take your Cabbage-ſtalks, an handful or more from the Cabbage, or ſo far as the pith is good; ſhave off the out-ſide, and cut them in quarters, half boyl them in water and ſalt, then cut the pith from the outward pill, and pickle it in white-wine, a little ſtale beer, bruiſed Pepper, large Mace, a few Fennel-ſeeds and ſalt; you may ſlice out this with your pickled ſallets.

To pickle Shampinnions.

YOu muſt give them two or three walms; and pickle them in white-wine Vinegar, bruiſed Pepper, Salt, with a little large Mace.

To pickle Sleep-at-noon.

LEt your water boyl with a little ſalt, throw it in, and let it have three or four walms, put it forth into a Cullender; when it is cold, pickle it in white-wine and Vinegar, with a little Pepper and large Mace.

To pickle the ſtalks of March-Mallows.

IN the latter end of *March*, and in *April*, your ſtalks will be as big as a childs finger, you may gather of them the quantity of a buſhel more or leſs, break them in lengths, about five or ſix inches, and pill off the outward

outward peel, and when your pan boyls with water and an handful of ſalt, put them in, and let them have five or ſix walms, then take them up with your Scummer, and lay them a draining until they are cold, and make your pickle with ſtale beer, ſome Vinegar, groſs Pepper, and an handful of ſalt; when they are pilled as aforeſaid, you may take an handful of them, and eaven them at the ends, and cut them as round as you can, about the bigneſs of a Peaſe; thus do until you have cut a good diſh of them, then lay on a skillet of water, and let it boyl with ſome beaten Pepper tyed in a ragg; put them in, and let them boyl quick, (as you do Peaſe) when they are enough, put them into a Cullender, let the water drain from them, put them in a diſh with ſweet butter, and toſs them up together; diſh them after the manner of Peaſe, with Pepper and Salt on the diſh brims: And they differ very little in their taſte from Peaſe, therefore ſome call them *March* Peaſe.

To pickle Alexander-Buds.

TAke Alexander-Buds before they begin to run to ſeed, take off their looſe leaves and top, ſo that the bud may be firm, cut part of the root to it, let them be half-boyled in water and ſalt, then put them from the liquor, and when they are cold, pickle them with Vinegar, ſalt, and a little ſtale beer; when you diſh them up, you muſt ſlit them in the middle.

To pickle Mallagatoons.

YOu muſt take them before they are ripe, ſo that with a knife you may ſplit them through the ſtone, then take half ſo much Sugar as they weigh, and put it in as much water as will boyl them up, and when your Sugar and water boyls well, ſcum it, and put in your Mallagatoons with their skin-ſide downward, and let them ſimper, but not boyl up; after this manner you

may

may do Peaches and Apricocks, being not full ripe, or Apples in halves; pickle them in the ſaid pickle as you boyl them; this will ſerve for the garniſhing of ſallets.

In theſe varieties of pickles, you have matter ſufficient to make Grand-ſallets for the winter, as alſo for the Summer, being many times deſired, for many of them are very wholſom and Cordial for the ſtomack.

BOOK II.

How to Sowce, Pickle and Coller all manner of Fleſh.

To Coller and Sowce Brawn.

YOur Brawn being ſcalded & boned, of each ſide you may make three handſom Collers, the neck Coller, the ſheald Coller, & ſo the ſide or flank Coller; if your Brawn be very fat, you may make alſo the gammon Coller behind, otherwiſe boyl it and ſowce it; this being watered two dayes, ſhifted three or four times a day, & ſtill kept ſcraped, then waſh it our, and ſqueeze out the blood, and dry it with clothes; when it is very dry, ſprinkle on ſalt; ſo begin at the belly, & wind it up into Collers; but in caſe you can, ſtoe more fleſh in the flanck, or in the Coller; you may cut it out of other places where there is too much, or from the Gammon; this being bound up, as you will bind up a trunk, with all the ſtrength that can be obtained, put it in your Furnace or Copper; when it boyls, ſcum it; you muſt be careful it be kept full of liquor, and continually ſcummed for the ſpace of ſix hours, then try it with a wheat-ſtraw if it be very tender, cool your Boyler by taking away your fire, and filling of it conſtantly with cold water; ſo ſhall your Brawn be white; but if it

ſtands,

ſtands, or ſettles in its liquor, it will be black; then take up your Brawn, and ſet it up on the end, on a board, your Sowce drink ought to be beer brewed on purpoſe; but if it be of the houſe beer, then boyl a pan of water, throw therein a peck of wheaten bran and let it boyl, ſtrain it thorough a hair ſieve, and throw in two handfuls of ſalt, ſo mix it with your beer aforeſaid, and ſowce your Brawn therein; you may take half a peck of white flower of Oatmeal, and mix it with ſome liquor, and run it through your hair ſieve, and it will cauſe your ſowce to be white: Milk and Whey is uſed in this caſe; but your Milk will not keep ſo long; you may put both, in the boyling thereof; it will cauſe it to boyl white; keep your ſowce Brawn cloſe covered, and when it begins to be ſour, you may renew it at your pleaſure, with adding of freſh liquor.

To Coller Veniſon.

TAke your Veniſon and cut it fit to be Collered, or to put into your Pot, it being ſomething deep, and ſlender, ſo that you may make about three Collers of a large ſide, or hanch; ſeaſon your Veniſon (being larded before) with Pepper, a little Cloves, Mace, Nutmeg, and as much ſalt as will turn your Spices grayiſh; then roul up your Collers, put them into your Pot, put butter thereunto, ſo cover over your Pot with ſome courſe paſte made a purpoſe; this will ask four or five hours baking; draw them out of the Oven, and let them ſtand until they are cold, then may you take off your lid, and take out your Veniſon whole, pour away your gravie, and make clean your Pot, put a little clarified butter in the bottom thereof, then put your Coller in again, and fill it up with clarified butter, ſo put on your lid, with a ſheet of brown paper tyed over it; this way ſhall you keep Veniſon a twelvemonth. In a great feaſt you may break three of your

your pots to pieces, then take out your Veniſon whole, being congealed, rowed with butter, ſet your three Collers upon a great diſh, and plate; then ſtick all your butter round about with bay-leaves and a branch of bayes on the top of each Coller; in your common dyet one is enough for a diſh, but you muſt break your pot, otherwiſe your butter will not come forth whole with it; you muſt alſo dip your pot in hot water to looſen your butter from the ſides. This is as rich and honourable a ſecond-courſe diſh, as your Brawn is for the firſt: you may alſo if you pleaſe, ſlice it out of your pots at your pleaſure: The ſame way may you do with Veniſon baked in Rye-dough; that is, Take out all your Veniſon when it is baked, ſcrape out all your gravie and jelly out of your bottom and ſides of your pie, pour in clarified butter, place in your Veniſon again, and cover it over with clarified butter, then put on your lid in its place; it will congeal to the clarified butter, that none can tell that ever it was cut; but you muſt remember to lard all this Veniſon, before you Coller it, or put it in your baked meat.

To Coller Beef Red.

TAke a good flank of Beef, and cut out a Coller three quarters of a yard long, and almoſt half a yard broad; then take a ſmall quantity of Cutchenele prepared, and a little Allum: put this into the value of a pint of Red Wine, then ſeaſon your Beef with Salt-peter Salt, and put it into a Boul or Tray, with your aforeſaid wine, mix it all well together, and let it lye four and twenty hours; then ſeaſon your Beef with a handful of ſweet herbs minced, two Nutmegs, with a little Cloves and Mace beaten, and a quantity of ſmall Pepper not to be diſcerned; ſo Coller up your Beef, and bind it with your Tape; if you have a pot high enough, you may bake it, put a little liquor therein; otherwaies you may

may boyl it in Pomp water with a ſoft fire; when it is cold put it into your pickle, being of white-wine, ſtrong broth, and Vinegar, with a little ſalt, if the Coller be too freſh, otherwiſe you need put none; When you go to diſh this at a feaſt, you may cut it into four Collers; it will be of a lovely red, ſtick it with bay leaves, and garniſh your diſh with flowers and green: You may alſo cut many diſhes of your Coller in ſlices, it will be an handſome ſervice for your ſecond courſe.

To Coller Veal.

TAke a breaſt of Veal and bone him, and beat him ſquare, fitting to be Collered, ſoak him well in ſeveral waters, till all the blood is ſoaked out, then take him and dry him, and ſeaſon him with beaten Cloves, Mace, Nutmeg and Ginger, put a handful of ſweet herbs, about a ſpoonful of ſalt, ſtrow this all over it, then have your ſlices of fine thin fat bacon, ſeaſoned with a little Sage and Pepper; dip each piece in the yolks of Eggs, and arder all over your Veal, ſo begin at the neck end, and roul it up into a faſt Coller, bind it up faſt with Tape, ſo boyl it with your bones, with a faggot of ſweet herbs, keep it conſtantly ſcummed, till it is boyled, then put it into your ſowſing-pan with the ſame broth, adding ſome Vinegar and Salt thereto, with ſome large Mace; when you ſerve it up, you may cut it in thin ſlices, and fill a great diſh, and garniſh it with flowers, and ſerve it for the firſt courſe.

To Coller Pig.

YOur Pigg being ſplit and and boned, and ſoaked well in ſeveral waters, dry it, ſeaſon it with Cloves, Mace, Nutmeg, Ginger, a little quantity of Pepper, with a handful of ſweet herbs, and ſage, about a ſpoonful of Salt; all this being mixed, caſt them on both ſides of your Pigg; then Coller it cloſe, beginning at the tail,

and

nd bind it up: waſh it clean from the herbs, and put it a boyling in fair water, keep it conſtantly ſcummed; when it is more than half boyled, put in a faggot of ſweet herbs, ſome large Mace, a race or two of Ginger ſliced, with half a pint of Vinegar, and a piece of Izenglaſs, or at leaſt boyl your Izenglaſs and your Spice in ſo much of it that you intend to jelly; The Pigg being boyled, put it forth into your Veſſel or pan, take away the top and the bottom of your broth or jelly, melt it, and pour it to your pigg again, diſh up you Pigg, when you are ready, cut your Coller into three or four, and diſh the head in the middle, on the top of them, with an apple in his mouth; beat your jelly, and garniſh your *Pigg*, and diſh with ſlices and gobbets (with ſome ſlices on the back) as alſo with flowers and Bay-leaves.

To Coller Pork.

YOu may take a piece of Pork out of the ſide, as you did before of Brawn, being watered all night, and well ſqueezed from the blood, ſeaſoned with a good handful of Sage, ſweet Margerom, Time and Parſlee minced together very ſmall; then having cut out of a fillet of Veal ſo many thin Collops, hackt with the back of a knife, and waſhed over with yolks of eggs, cover your ſaid Coller, with your eggy ſide of your Veal downards, then waſh over your Veal on the upper ſide with eggs, and throw on your ſeaſoning, with ſo much Salt as you may imagine may ſeaſon it, and it will congeal together by reaſon of the eggs: ſo Coller it, and bind it up, and when it is boyled, Sowce it with ſome of the ſaid liquor, and a little Vinegar, beaten Pepper and Ginger: You may ſlice a Coller thereof when you diſh it; it will fill three or four great diſhes or chargers, or you may ſend it up in a Coller; garniſh about your diſh with ſage and flowers, and ſtick your Pork with Bay-leaves, or Roſemary and Flowers.

To

To Coller Mutton.

TAke a breaſt of Mutton and bone it, cut off the neck part of it, ſlice it about the Brisket, ſoak it very well in water from all the blood, it being dryed and ſpread abroad, ſeaſon it with an Onion, a little Sampier, a few Capers, a pickle Cowcumber, add to it a little Time; all this being ſmall minced together, throw it on your meat, with Pepper, Cloves, Mace, a little Ginger and Salt, with ſome pieces of Anchoves all over; ſprinkle a top thereof with your feather, the yolk of an egg, then wind up your Coller exceeding cloſe, and boyl it with water and ſalt, with a faggot or two of ſweet herbs; you may cut a neck in five or ſix pieces, and lard it with Lemmon-pill and boyl with it; thus you may do with your Chines alſo; but if you Sowce your Chines, you muſt lard them with bacon, being boyled, put Vinegar into the liquor; This will alſo ſerve for a hot boyled meat, the lear being made as you ſhall ſee in the hot boyled meats; if you ſend it up cold, you may cut it into ſo many ſlices, as you have larded pieces; put the higheſt Coller in the middle, then garniſh your diſh with Sampier or Capers, your meat with Lemmon.

To Coller Goats-fleſh.

TAke your Goats fleſh, breaſt or neck, bone it, cut it, and beat it out as thin at one place as another, ſeaſon it with Pepper, Salt, ſome Cloves, Mace, a little Time, ſweet Margerom, Winter-Savory, and Ginger beaten; Coller it, bind it, and bake it in a *Pot*, put a pint of white-wine and ſtrong broth thereto, when it is baked, add more wine to the liquor, cut it in the middle, and let it lye in the pickle, ſo you may ſend it up in ſlices, or how you pleaſe.

To Coller Geeſe.

BOne your Geeſe, and cut them ſquare, fit to be Collered, let them ſoak one night in their ſeaſoning, it being Cloves and Mace, Pepper and Salt, ſo in the morning take it forth, and put ſmall pieces of Anchoves all over, and Weſtphalie bacon minced, then roul it up, as aforeſaid, and boyl it in ſtrong broth, with a little whole Pepper and large Mace, pickle them in the ſame liquor; when you diſh them, cut them in halves, then the two ſides will ſtand upwards, diſh them up, garniſh the brims of your diſh with Weſtphalie bacon minced.

To Coller Swan.

BOne your Swan, and part the two ſides, ſeaſon it as the Geeſe aforeſaid, only inſtead of the Weſtphalie Bacon and Anchoves, take thin ſlices of fat bacon, almoſt the breadth of the ſides, ſeaſon them with ſmall Pepper and Sage minced, and dip them into yolks of eggs, and ſo lay them on upon the ſides of your Swan, and roul them up into Collers; let your pickle as aforeſaid, be as to the Geeſe; boyl the head to ſet upon your Collers in the middle of your diſh.

To Coller Brand Geeſe or Wiggens.

DO as you did by your Geeſe before, only add thereto an Onion or two, before you have Collered it; this will all ſerve for ſecond courſe, in caſe you want number of diſhes, or elſe you may uſe them for the firſt courſe.

By the ſame rule you may do any other fowl, according to their nature in the time of ſeaſon.

BOOK III.

To Sowce, Pickle, or Marble Fiſh.

To Coller Eeles.

TAke your greateſt Eele, and cover it well with ſalt, ſplit it down the back cloſe to the bone, then cut out the bone, as bare as you can, waſh them and dry them well, and lay them upon a dreſſer-board ſtrowed with ſalt, that he may not ſlip when you go to Coller him, then take a handful of minced Oyſters, with a little Time, ſweet-Margerom, Winter-ſavory, one Onion minced ſmall, then ſome Nutmegs, Cloves and Mace beaten ſmall; all this being mingled, ſtrow it on the inſide of your Eeles; the ſalt that lyes on the ſlippery ſide of the Eele, will be enough to ſeaſon it; if not, add ſome more thereunto, ſo roul them up cloſe, and bind them with Tape, boyl them in fair water and ſalt, with a little Vinegar, a faggot or two of ſweet herbs, and two or three whole Onions, and ſliced Ginger, let that be your pickle; then at your pleaſure, you may ſerve them up to the Table, garniſh them with Fennel and flowers, as you ſee good.

To Sowce a Tench, to be ſerved in jelly.

TAke a Tench, and ſplit him down the back, only cut off the head whole, when you have waſhed them clean from the blood, boyl them up with white-wine, water, Vinegar and ſalt, with large Mace, ſliced Ginger, Nutmegs, ſlices of Lemmon, ſo let them boyl in no more liquor than will cover them, and keep them down under liquor with a diſh or plate; when he is boyled, take him up with your ſcummer, and lay him

in the diſh that you intend to ſend him up in; then take all the chine bones from the back, and ſtick them on the fiſh, and take a quantity of the ſaid liquor, and put it on the fire again; and in caſe it will not jelly by the ſtrength of the fiſh, then boyl a piece of Izenglaſs, till you find it comes to a jelly; ſo let it ſtand till it is almoſt cold, that it will but run, then pour it over your fiſh into the diſh, you may keep ſome to beat; for the garniſhing of your diſh, you may mince Sives and Taragon together, and ſtrow the brims of your diſh with your fiſh, if you pleaſe, when you ſend it up; after the ſame manner you may uſe for Turbert, Breme, or Perch, or any other fiſh that you have a deſire to ſerve up in jelly.

To pickle Smelts white or red.

TAke your large Smelts, and being geld, lay them in a pan, on them a row of Lemmons, ſlice Ginger, Nutmeg, large Mace and whole Pepper, then a row of Smelts, ſo continue till they are placed, then put to them white-wine Vinegar, and ſalt, and bay-leaves at top; but if you would pickle them Red, your pickle muſt be Red wine, well mingled with cutchenele, they will be ready in a week after they are pickled; pare them in halves, as you do Anchoves, and diſh them up; ſtrow upon them Lemmon cut ſquare like dice, with Broom-buds and Barberries, ſo pour it upon them; garniſh them with ſliced Lemmon, and ſerve them up.

To Marble Sowls, Plaice, Flounders, Smelts, or any other fiſh that is fitting to Marble.

FIll your Frying-pan with ſweet ſallet-oyl, and when it is very hot, your fiſh being dryed and flowered put them into the ſaid pan; when they are fryed brown and ſtiff, put them into a large earthen pan, put thereto ſliced Nutmeg, large Mace, and whole Pepper, and

two or three ſliced Lemmons; when you have done frying of all your fiſh, fry a quantity of Bay-leaves, and put them in a top of your fiſh, then put to it ſo much white-wine, and a little Vinegar, as will cover the fiſh, ſtrow a little ſalt in it, ſo diſh them up for ſecond courſe, when you have occaſion.

To pickle Lobſters, and to preſerve them.

IN caſe you are afraid your Lobſters will miſcarry after they are boyled, and that they will keep no longer, then take Fennel and bruiſe it in Vinegar, add ſalt thereto, and with a branch or two of Fennel, waſh them between the carkaiſe and the tail, leave your branched Fennel under the tail, and ſet them down in a cold place, or a moiſter with ſalt; but if you will be at ſo much charge, you may preſerve them in the ſaid pickle; however you may preſerve the meat for your uſe, the tail and claws being broke, in the pickle aforeſaid, and uſe them as a ſallet. Thus muſt you preſerve your Prawns, or Shrimps, or Crafiſh.

To pickle a Conger Eele.

YOu muſt ſcald your Eele, and ſcrape it till the outward skin is ſcraped off, then boyl your Eele, being cut in pieces, and bound with Tape, in water, ſalt, and Vinegar, and an handful of green Fennel, and when it is boyled, put it into your Sowſing pan, with ſome of the ſame liquor and Beer-Vinegar, with an handful of Fennel on the top of the fiſh, ſo ſerve it up cold to the Table.

To pickle and Sowce Sturgeon.

OPen your Sturgeon and take out the entrails; if it be a female, take out the ſpawn thereof, and preſerve it to make caveere, then cut out your Sturgeon in lengths, being ſplit equally through the back, firſt cut

off your Joul to the bodyward, then your firſt and ſecond Ronde very fair, ſo that the tayl may be the leaſt, ſo that you will have eight pieces in your Sturgeon; bind it up very cloſe with braces or tape, ſtrow good ſtore of ſalt thereon; your liquor boyling very hard, put it in, then let it boyl for an hour and an half ſoftly, take it up carefully without breaking, and let it cool, then put it into your Caggs or Barrel; let your pickle be half white-wine, half ſtale-Beer with two or three handfuls of ſalt, ſo put it to your Sturgeon aforeſaid, then hoop up your Barrel, and keep it clôſe, ſo that you may take off the head at your eaſe, which you muſt do ever now and then, and ſupply with liquor, alwayes ſcumming away the oyl; otherwiſe your Sturgeon will be ruſty.

To pickle Caveer.

WAſh it with Vinegar, ſeaſon it with ſalt, then preſs it two or three dayes, ſo that all the liquor or excrements may run away from it, then take it again forth, and mix it together with a quantity of Pepper beaten ſmall to duſt, and ſalt as before, then put it into your preſs again; let it ſtand two or three dayes, then taſte it if it be ſeaſoned high enough; if not, you muſt do ſo the third time; then take it and put it into an earthen Pot, and ſtrow on ſalt on the top of it; when you make any uſe to ſerve up any of it, take out a quantity thereof, and waſh it with Vinegar, and with your knife ſeparate your Caveer from the ſtrings, and bring it into ſmall certain parcells, as big as a ſprat; diſh it up in your diſh round about, and in the middle put ſlices of Lemmon between, pour on oyl and Vinegar, and garniſh it with Lemmons and Barberries.

To Coller Sowls.

TAke out the bone of the Sowl from the head to the tail, in the white ſide of him; you muſt only ſcale the Sowl, and not ſtrip him, then take a little piece of Salmon, a handful of ſet Oyſters, the tail of a Lobſter, Pranes or Shrimps; mince all this together with the yolks of half a dozen eggs, boyled hard, with half a dozen of Anchovies, then take a handful of ſweet herbs, minced very ſmall, put them all together, make them up into a body with your yolks of eggs, and grated bread, ſeaſon them with Nutmegs, Cloves, Mace, Ginger, and a little ſalt: This ſame forced meat will ſerve for moſt fiſh: your Sowl, as aforeſaid, being waſhed and dryed, and waſhed over with a few yolks of eggs, ſpread part of the forced meat all over the Sowls, then waſh it over with eggs again, and dip your Oyſters in the yolks of eggs, with Pranes, Shrimps, or ſliced Lobſter, and ſtick upon the forced meat, ſprinkling ſome ſalt, and more ſpices, if occaſion ſhall require, then roul up your Sowl in Coller, and bind him hard with Tape; you may force as many as you pleaſe, and boyl them in water, wine, vinegar and ſalt, and ſeaſoned with whole ſpice, with a faggot or two of ſweet herbs; let your liquor boyl before you put in your Coller, pickle them in the ſame; when they are boyled, if you ſerve them up, you may cut them in the middle, and then the middle of your Sowl ſtands upwards in the diſh.

To Coller Salmon.

TAke a ſide of Salmon, you may cut off a handful of the tail, it being dry and waſhed; waſh it over with the yolks of eggs, ſtrow on a good handful of ſweet herbs, with a little Fennel, ſeaſon it with a pretty ſtore of ſalt, and a good quantity of your afore-

ſaid ſpice, adding a little Pepper thereto, bind it up in Collers with your broad Tape; let your water, vinegar and ſalt boyl together, then put in your ſaid Coller with a faggot of ſweet herbs, with ſliced Ginger and Nutmeg; it will ask an hour and halfs boyling, if it be a great Coller; ſo put it into your Sowce-pan with your liquor, until you go to diſhing of your cold-meats.

To Sowce Lumps.

SOme flea your Lumps before they boyl them, but that is not proper for any Sowced fiſh, to be ſerved in cold; you muſt only ſcald and ſcrape him with your knife, then boyl him up as the aforeſaid fiſh, and ſerve him to the Table; you may ſerve him with jelly, as you were ſhewn before.

After the ſame manner of boyling fiſh, or pickling, you may do Mullets, Dace, Gurnets, Pikes, Carps, Perches, Tenches, Roches, and many other ſorts of fiſh, in the nature of this.

BOOK IV.

Cold Baked meats of Fleſh.

AFore you go about your Baked meats, I ſhall give ſome directions how to make your Paſte, becauſe ſome that may have occaſion, may be ignorant therein.

To make Paſte of Rye-Flower.

IT is only done with boyling water, made very ſtiff, and molded ſo together that it may not crack; your Paſte for your leſſer cold baked-meats, as for foul, and and the like, is to be made with fine flower, to every peck

peck a pound and half of butter, and about the quantity of eight eggs, caſting away the whites of four; put your butter into your liquor, and when it is melted, pour it into a hole made in your flower, but not to your eggs, and put to it as much liquor as will work it up, ſo mingle it together with your eggs lying round about your flower; for if you ſhould put your ſcalding liquor to your eggs at firſt, you would caudle them, and take away their uſe and operation, in making your Paſte any whit the better to ſtand; you are not to ſtrive to make this Paſte altogether ſo ſtiff as the other, yet it muſt be ſomewhat ſtiffer than your Paſte for hot baked-meats, becauſe you raiſe theſe higher than them; And the matter that you bake in theſe, will ask much more baking than your hot baked-meat; this muſt be well molded, that it may work as clear as wax; and to that end, let not your liquor be too vehement hot; the more butter you put in, the more colder let your liquor be; you may well upon that account, put in two pound of butter.

To Bake Veniſon in Cruſt, or in Pots.

YOur Veniſon being boned and parboyled, you muſt lard it very thick with your beſt larding bacon, cut in ſquare pieces about the bigneſs of the top of your finger, and as long; then ſeaſon it with Pepper and Salt, only put Salt in your Pepper till it look grayiſh; if it be an hanch, you muſt cut it with your knife, till you make it fit for your coffin; if it be a ſide, you muſt take out the ſinews, and the skin that is thereon, and cut off the neck part, to put under your beſt Veniſon; but your ſides are more fitting to be baked to eat hot, and your hanches cold: now your coffin being made round, or four ſquare with your Rye Paſte, about a foot high, your beſt faſhion is round; lay in ſheets of lard in the bottom of your coffin, and ſtrow in ſeaſon-

ing, and then place in your Veniſon; if you pleaſe, you may ſheet it with lard alſo on the top, then put on two pound of butter very ſmooth; ſo your lid being ready, indifferent thick, wet it, and lay it on, and cloſe your Pie; ſo make a funnel upon your lid, with your garniſh; ſo beat two or three eggs, with a ſpoonful of water, and a little flower, indore your baked meat with the ſame, with your wetting bruſh made of feathers. This baked meat will ask ſix hours baking; take heed your Oven be not too hot at the top, to ſcorch the brims; when it comes forth of the Oven, if you will keep it any thing long, you muſt pour out all the liquor, for the gravie will preſently putrifie it; otherwiſe you muſt do as you were taught before; then take off your butter clear from your gravie, and put it to your clarified butter, and fill up your Pie when it is cold; being thus done, it ſhall keep half a year; but being done as aforeſaid, it ſhall keep a twelvemonth: keep your funnel ſtopped with a piece of butter.

To bake a Fillet of Veal to be eaten cold.

TAke a great Leg of Veal, and cut off a large Fillet; then cut it into three pieces like Fillets, and parboil them: when they are cold, ſeaſon them with a little Pepper beaten ſmall, and Salt, Nutmeg, Cloves and Mace; your Coffin being ready, put in the firſt Fillet, and ſtrow on Time, and having ſlices of Bacon ſeaſoned with Sage and Pepper, lay it on the top of the ſaid Veal: then lay on the ſecond Fillet, and do the like with another laying of Bacon; then lay on the third Fillet, and do the like: So ſtrow on a little minced Time, and a little ſeaſoning, with ſome large Mace, put on the butter, and cloſe up the Pye. You muſt obſerve to beat all your Fillets of Veal with a Rolling-pin, or with the back of a Clever, put on your Funnel, garniſh and indore your Baked-meat with Yolks of

of Eggs: Let this Baked-meats be made with hot butter, paſte, and fine flower: when it is baked and cold, fill it up with clarified butter.

To bake a Calves head to be eaten cold.

YOu muſt firſt half boil a fair Calves head, then take out all the bones on both ſides, and ſeaſon it with the aforeſaid ſeaſoning, and lard it with Bacon and a little Lemmon pill; then having a Coffin large enough, not very high, nor very thick, but make it four ſquare, lay on ſome ſheets of Lard on the top, and butter, and it; when it is baked and cold, fill it with clarified butter.

To bake a Fawn or Kid to be eaten cold.

FIrſt, bone either Fawn or Kid, parboil, and lard them very thick with Bacon, then ſeaſon them with a little fine Pepper, Nutmeg, Cloves, Mace, and as much Salt as you think fitting (cold baked meats ought to have more than hot) then take ſome ſavoury forſt meat, and put into the belly, and ſo make it into the proportion as before it was boned: make your Coffin according to that proportion, with hot butter, paſte, and put it in fairly, ſo that it bear not down the ſides: So put on your butter, and cloſe it up, and when it is baked and cold, fill it up at the Funnel with clarified butter.

To bake a Hare.

TAke a Hare and parboil him, and cut all the fleſh clean from the bones, then take a good piece of *Weſtphalie* Bacon, or other lean Bacon well boiled, mince them all together, then beat them in a great morter, ſeaſon it with Pepper, Salt, Cloves, Mace, and Nutmeg, with a handful of minced ſweet herbs put to it, a little Vinegar, and three Eggs; beat them again in the

the morter, till they come into a reaſonable body, not too ſtiff: having your Coffin made in the form of a Hare, lay in part of this meat over the bottom, then lay a laying of Bacon, of ſquare pieces as big as a Tobacco Pipe, ſo long as your meat, then lay in another laying of your meat: this do three or four times, till all the meat is gone, lay alſo a laying of bacon on the top of it. Note, that you muſt waſh every laying with the yolks of eggs, and ſqueez it down with your hand, then put on butter, and cloſe your Pye: you ſhould at firſt alſo lay ſheets of Lard at the bottom; ſet up the head and ears of your Hare in the fore-part of the Pye, in a funnel of paſte, with a Garniſh; and a funnel in the middle thereof, indored with yolks of Eggs beaten, and ſo bake it: when it is cold, fill it with clarified butter; this muſt be done with hot butter-paſte: To carve when it is eating, you muſt begin at the tail, and cut through to the head, it will be all madderd in a body in your ſlices.

Another way to bake a Hare.

TAke a Hare, being parboiled, and break his bones with a chopping knife, that they ſtart not up, and break your Pye; and alſo cut the ſinews of the back and other parts, then lard them very well with bacon lard; ſeaſon them with Pepper and Salt, a little Cloves, Mace, and Nutmeg: your Coffin being ready, in the proportion of a Hare, lay ſome leaves of lard underneath, ſeaſoned with Pepper, minced Sage, and ſweet herbs, ſo put in your Hare, only the head to be on the lid, as aforeſaid; put in your butter, and cloſe your Pye, indore it, bake it, and fill it with clarified butter when it is cold.

To bake Pork to be eaten cold.

TAke a Loin of Pork and bone it, and cut part thereof into thin collops beaten with the Clever, alſo take as many collops of Veal thin beaten; ſeaſon your Pork with Pepper, Salt, and minced Sage, ſeaſon your Veal with Cloves, Mace, Nutmeg, and minced Time; put yolks of Eggs to each of your meats, and mingle them together, with their ſeveral ſeaſonings, then lay a laying of the Pork, in a form as you intend to make your Pye, either round or otherwiſe; and then a laying of your Veal thereon, ſo continue till you have laid all your meat, then take a Rolling-pin and beat it well together into a body, put it into your Coffin made for that purpoſe, cloſe it, indore it, bake it: when it is cold, fill it with clarified butter; let your Pork be the fat end of the Loyn, and both undermoſt and uppermoſt in your pye.

To bake Brawn to be eaten cold.

TAke your raw lean Brawn that is not uſeful to coller, and as much fat bacon, and mince them ſmall together, then beat them in a morter, beat a good handful of minced Sage with them; ſeaſon them with a good handful of Pepper and Salt, and a good quantity of beaten Ginger, pour in a little vinegar, and break in a couple of eggs; you may make a cold butter-paſte, and drive out a ſheet thereof, and lay in your meat in the form of a Brawn, and put in butter and bay leaves a top, and ſo cloſe up your paſty: Let them be ſent up to the table with an Apple in his mouth: if you pleaſe, you may bake it in a round pye or any other form.

To bake Rabbets to be eaten cold.

WHen they are parboiled, take out all the bones you can well take out, and lard your Rabbets, then ſeaſon them as you did your Hare, put a good quantity of Savoury, Forſt-meat, ſo put them into your Coffin prepared; put on butter and cloſe your pye, bake it, and fill it with clarified butter when it is cold.

To bake Pigeons to be eaten cold.

PIgeons being parboiled, ſtuff them full of forſt-meat, and Bacon in ſlices; being ſeaſoned with Pepper and Salt, lay them into your Coffin prepared, and put betwixt each, one ſlice of bacon ſeaſoned with Pepper and Sage; ſo cloſe your pye, put on a funnel, and when 'tis baked and cold, fill it with melted butter.

To bake Bran-Geeſe, or Wild-Geeſe.

WHen they are parboiled, take out the breſt bones, and as many other as you can, not diſfiguring the Fowl: then ſeaſon the Fowl, and lard them, bake them, ſo fill them with butter.

To bake a Turkey.

BOne and lard your Turkey when it is parboiled, being ſeaſoned with Pepper, Salt, with a little Cloves and Mace, put him into your Coffin prepared for it, lay on butter, and cloſe it; put the head on the top with your garniſh: Indore it, bake it, and fill it with clarified butter when it is cold.

To bake Herns.

OF your Herns, you muſt take out what bones that you can, not diſfiguring the Fowl; ſo lard it,

it, and ſeaſon it with Pepper, Salt, and Cloves and Mace beaten; cloſe it, and bake it, and fill it when it is cold with butter.

To bake a Swan.

PUll all the groſs feathers from the Swan clean, and all the down; then caſe your Swan, and bone it, leave all the fleſh, lard it extream well, and ſeaſon it very high with Pepper, Salt, Cloves and Mace; ſo having your Coffin prepared in the proportion of a Swan, made of Rye dough, put in your Swan, and lay ſome ſheets of lard and bay leaves on the top, ſo put on butter and cloſe it: put on the head and legs on the top, garniſh and indore it, and bake it; when it is cold fill it up with clarified butter. Your skin being ſpread forth and dried, is good to make a ſtomacher for them that are apt to take cold in their breſt. You may bake your Swan, if you pleaſe, being ordered as aforeſaid, and not caſe it.

How to bake a Gooſe.

BReak the bones of your Gooſe and parboil him, then ſeaſon him with Pepper and Salt, a little Cloves and Mace; if you pleaſe, you may bake a Rabbet or two with it, becauſe your ſtubble-Geeſe are very fat, and your Rabbets dry, you need not lard either: Bake it in good hot butter paſte. This is the Goodwifes pye upon the ſeaſon, or againſt a good time; by the ſame Rules as aforeſaid, you may bake any other groſs fleſh or fowl, according to its nature or quality.

Cold Baked Meats of Fiſh.

To bake a Lamprey Eele Pye.

CUt open your Lamprey in the belly, and take the bone out of the back, then ſcald it, and ſcrape it well

well of the skin ſide; ſeaſon it in the inſide with Pepper, Salt, Cloves, Mace, and a little minced Onyon, then cloſe it together again as it were whole; you muſt alſo ſeaſon the outſide: make a round Coffin, being ready of Rye dough, according to the widneſs of your Eele, when turned round therein; if your Coffin be very high, you may lay one upon another: put in two great Onyons in the middle, ſeaſon them on the top with ſome of your ſeaſoning, with half a dozen bay leaves and butter; cloſe your pye very high: ſo with your funnel and garniſhing, indore it, and bake it, and fill it up with clarified butter when it is cold.

To bake a Turbert.

YOur Turbert being fin'd and prepared, ſlaſh it on the white ſide with your knife, ſeaſon it with ſmall Pepper and Salt, Nutmegs, Cloves, and Mace; your Coffin being ready, according to the proportion of the Turbert, put it in, lay on butter, and cloſe it: This may only be ſent to a friend; in caſe there be plenty of Turberts, it is a more honourable diſh to be baked hot, with other Compounds, as you ſhall ſee hereafter.

To bake a Salmon.

SCrape your Salmon, waſh and dry him, then run your pen-knife from the head to the tail on both ſides: otherwiſe take out the chine, then ſeaſon him with beaten Cloves, Mace, Ginger, with Pepper and good ſtore of Salt, both in the inſide and the outſide in the ſcortches: you may put him in a raiſed Coffin proportioned for him, otherwiſe lay him upon a ſheet of paſty paſte, and ſet a border cloſe round him, that he may be formed like a Salmon; then put in butter, ſliced Ginger, large Mace on the top thereof, then turn up the other half ſheet of your paſte over the Back, as you do a Paſty, and cloſe them all along by the belly ſide, from head to tail,

ſo

ſo bring him in proportion with his fins and tail, head and gills, ſo ſet a funnel and garniſh thereon; being ſcaled all over, then indore him and bake him, and fill him with butter when he is cold.

To bake an Eele to be eaten cold.

COller your Eele, and ſeaſon as before, when you ſowſt him; lay him upon the ſide into the Coffin, ſo put on butter, and cloſe him; indore him, bake him, and when he is cold, fill him with clarified butter.

To bake a Pike.

TAke a fair Pike and lard it with Pickle-herring, being beforehand ſcaled and made fitting, force his belly with forſt meat of Fiſh, then ſeaſon him with ſome Pepper, Salt, Cloves, Mace, Nutmeg and Ginger beaten: then bake him as you did your Salmon before, according to his form or proportion. Your cold baked meat of fiſh ought to be according to their proportions or forms ſo may you bake any that you have a mind to.

BOOK V.

How to make ſeveral ſorts of Jellies, Leaches, and Creams.

To make Jellies.

TO prepare and make your ſtock for Jellies, you muſt have two pair of Calves feet, being boyled ſo that they may be blanched, then take two knuckles of Veal, cut of the Filler, break not the bones; let your Veal and Calves feet lie in fair water for the ſpace of four and twenty hours, and for the time ſhift them in five or ſix waters, ſcruſeing forth all the blood, then put them a boiling in fair ſpring water, ſo much as will well cover and boil them; keep them

them ſcumming for the ſpace of an hour, and put a little ſalt therein, with ſome long Mace, Cinamon ſlit, Nutmeg and Ginger, in a tiffinee cloth : when they have boiled ſoberly for the ſpace of two hours, try your broth in a ſpoon whether it will jelly ; boyl it not down too low, leſt it change brown; but if it jellies not to your mind, put into it about an ounce of an Iſing-glaſs, and when it hath ſimbred about half an hour, ſtrain out your broth into a pipkin, and let it ſtand till it is cold, or till you go to make your ſeveral Jellies.

How to ſeaſon and run Chryſtal jellies.

YOur ſtock being cold as aforeſaid, take away the fat from the top, and dregs from the bottom, and put the reſt into a pipkin ; put to it ſome Cloves, Mace, Cinamon, and ſlit Ginger and Nutmeg, alſo of Musk and Ambergreaſe, of each a grain in a tiffinee ragg; put in ſome Roſe water, and about a quart of Rheniſh wine if your ſtock be ſtiff, or as much as you may imagine will make it a ſtrength fit for Jelly : add to it of oyl of Nutmeg and Mace, two or three drops of each, and as much double refined Sugar as will make it to your taſte, according to the quantity of your Jelly; ſet all theſe on the fire in the Pipkin, and let it ſimber a quarter of an hour, then take it off, and put in the juice of a dozen Lemmons, and having eight whites of Eggs well beaten with a ſpoon, put them into the Jelly, and ſet it on the fire again till it boils up ; then having your Jelly-bag ready hanged up on a ſpit between the two racks near the fire, with a baſon underneath, put your Jelly into the bag, and let it run into the baſon, then ſet another baſon under it, and put up the firſt running into the bag again, ſo do till it runs clear, this is the Chryſtal Jelly.

How to run Colours.

PUt a quantity of Saffron into a piece of Tiffinee, and ſome beaten Cutchenele into the like, tyed cloſe with a thred, you may put Spinage or green Wheat alſo into another; and when you have run out as much Chryſtal Jelly, as you intend, put under your baſon with your Cutchenele in it, bruiſing it tenderly with a ſpoon, that it may colour your Jelly; take heed you bruiſe it not too hard, for fear of breaking the Tiffinee, and mudding your Jelly with the Dregs thereof: ſo obſerve with your other Colours.

To make Jellies of Oranges.

TAke the juice of two dozen of Oranges, and one quart of the aforeſaid ſtock; boil or let them ſimber together for the ſpace of a quarter of an hour, ſeaſoned as the aforementioned Chryſtal Jelly: if it be too weak, you may add thereto a quarter of an ounce of Iſing-glaſs; if too ſtrong, add ſome clear Rheniſh wine: ſo clarifying of it with four or five whites of Eggs, as aforeſaid, run it through your bags. Thus might you make Jelly of Red Currans, the juice thereof being bruiſed with a little Rheniſh wine; in the winter ſeaſon you may uſe the Syrrup of Mulberries or Barberries, or clear Syrrup of Orangado: ſo will you have your ſeveral coloured Jellies, with their ſeveral taſtes.

To make Harts-horn Jelly.

TAke the Brawn of ſix Cocks, being ſteept in water, and ſhifted for 24. hours, then take a quarter of a pound of Harts-horn, and boil theſe together two hours, then ſtrain the Broth out into a pipkin, and let it be cold, then take off the top and bottom. Return your clear jelly into a clean Pipkin, and ſeaſon it as your Chryſtal Jelly before; only adding thereto a little quantity of

Chainnie; if it be too ſtrong, add ſome Rheniſh wine; if too weak, a ſmall quantity of Iſing-glaſs: You may put herein Majeſtie of Pearl, or if you pleaſe, Corral; after which ſet it on the fire again for a quarter of an hour, more or leſs, according to the ſtrength or weakneſs of your Jelly; then clarifie it with whites of Eggs, and run it through your bags as aforeſaid, and preſerve it in a glaſs or pipkin for your uſe: This Jelly is a great Cordial, very Reſtringent and ſtrengthening to the back. It may be taken cold, or elſe diſſolved, being heat again, and ſo drank.

How to make Leach.

TAke a pottle of new Milk, half a pound of Jordan Almonds, being firſt blancht, then ſteept in water for half a day or better, then let them be beaten very ſmall in a Morter, after which put them into your Milk, ſet them both upon a heap of coals in a skillet until they boyl, keeping it alwaies ſtirring for fear of burning to; and ſo let it boyl for the ſpace of half an hour, then ſtrain out your Milk through a hair ſtrainer into another skillet; add thereto one ounce of Iſing-glaſs being pull'd to pieces, and ſteept in Milk for an hour before; put thereto likewiſe a good quantity of whole Cinamon, with ſome large Mace, & a Nutmeg quartered, together with half a pound or more of your fine white Sugar; Musk and Ambergreace, of both one grain: then ſet it on the fire again, keeping it ſtirring while it continues there: If you feel it to begin to grow at the bottom, ſhift it into a clean skillet, it being very apt to burn; when it hath boyled half an hour, take a ſpoonful, and put it into a cold ſawcer; if when it is cold you find it ſtrong, then add more Milk thereto; if weak, then boil it longer: When it is enough, add to it a little Roſe water, then ſtrain it into your Baſon.

How to run your Leach into colours.

TAke Saffron, Cutchenele and Spinnage; let them be all beaten apart, and tyed up in three Tiffinee raggs, by which you may make three colours; wring forth a ſmall quantity of Spinnage, it makes the one green; the other two ſteept in a little Roſe water, bruiſed tenderly with a ſpoon, makes you Red and Yellow; if you would have any other colours, you muſt uſe ſweet ſyrrups which are clear; you may caſt theſe to make Ribbon; Leach; diſſolve one of the ſaid colours, and pour it into a deep baſon: when it is congealed and ſtrong, diſſolve another, and being ſo cold that it will but juſt run, run it on the top of your former; thus do with as many as you have.

The uſe of your jelly and Leach.

YOur Jelly and Leach is a great ſecond and third courſe diſh: Your Jelly being ſliced forth thin, and placed in your diſh; ſo is your Leach alſo cut forth in Ribbons, and placed between the Jelly, with your colours oppoſite one to another; Beat ſome of your Jelly to pieces, and put a ſpoonful in goblets (or more) in the middle; and alſo garniſh it with goblets, or Diamonds of Jelly in every vacant place; you may alſo run your Jelly into the pill of Lemmon, being cut into half, and the meat taken out; or into the ſets of ſweet-meat-Tarts, or little Coffins made for that purpoſe, or any other way that is proper, according to your pleaſure.

To make divers ſorts of Creams.

To make Cheeſe and Cream.

WHen you have run your morning milk with about one pottle of freſh Cream to a gallon and half, your Curds being cleanſed from the Whey, ſeaſon it with fine beaten Cinamon, Sugar and Roſe-water; fill five or ſix diſhes, about half a pint a piece, with the ſaid Curd; then lay trenchers on the top of them, and a board thereon, and preſs them until they come into a body like Cheeſes; then turn them out whole into your diſh (which you may do the better by buttering the bottom of your diſh) and having a pottle of Cream boyled up, with whole Cinamon, large Mace, and a Nutmeg quartered; with the yolks of ſix Eggs beaten with Roſe water, ſtirred in a little before it comes off the fire, ſeaſoned with fine Sugar; you may may add one grain of Musk in the boyling, which will ſerve for the ſame purpoſe another time; when it is almoſt cold, put it in with your ladle between the ſaid Cheeſes; ſcrape thereon Sugar, and ſerve it up.

Another way.

SEaſon your pure freſh Cream with beaten Cinamon, Nutmeg, Roſe water and Sugar, with as much Naple-Biſket grated as will make it ſomewhat thick; ſo pour it over your Cheeſes, as was done with the other; ſtrow on Cinamon and Sugar, and ſo ſend it up.

To make Apple Cream.

TAke a quantity of Pippins, and boyl them in a pint of white wine, and a pint of Sack, with a pill of minced Orangado, ſome whole Cinamon and Ginger

Ginger ſliced, half a pound of fine Sugar, keep them cloſe covered, until they are boyled unto a jelly; then lay them by ſpoonfuls as high as you can into your diſh; when they are cold, pour in your boyled Cream as aforeſaid; ſtick your Rocks of jelly with ſliced Cittern.

This may be done without Sack or white wine, only adding a pound of Sugar more to fourteen Pippins: you muſt uſe no more water in the boyling than will cover them: you ſhall know when they are rightly boyled down, they will be as red as Rubie, and clear.

To make Quince-Cream.

BOyl your Quinces unpared; and when they are boyled very tender, pare them, and take the pulp from the Core, ſeaſon it with beaten Cinamon, and Ginger, Orangado, and dryed Cittern minced ſmall, Carraway-Comfits, and Roſe water, and Sugar; ſo your Cream being boyled and ſeaſoned (as in the firſt) and half cold, put it into your Quinces, being diſhed in ſpoonfuls; or if you pleaſe, you may mix it altogether, the Cream will not curdle; but if you do this with raw Cream, your Quinces muſt be quite cold, elſe your Cream will curdle.

To make a Cream called Sack and Pottage.

TAke about a pottle of cream, or new milk, whileſt it boyls, beat the yolks of a dozen eggs with half a pint of ſack; and when the milk boyls put it in, keeping it ſtirring until it comes to a tender curd, then run it through a ſtrainer; ſave your curd, being cleanſed from the whey; ſeaſon it with beaten Cinamon, Ginger, Nutmeg, Sugar, Roſe-water; ſo put it into your diſh, as a Tanſey, ſtrowing thereon beaten Cinamon and Sugar.

To make a Sack-Poſſet the beſt way.

SEt a gallon of milk on the fire, put therein a grain of Musk, whole Cinamon and large Mace; when it boyls, ſtir in half a pound of Naple-Bisket grated, keeping of it ſtirring while it boyls; then beat eight eggs together, caſting four of the whites away; beat them well with a ladleful of milk or two amongſt them; take off the fire the aforeſaid milk, and ſtir in your eggs; put it on the fire again (but keep it ſtirring for fear it curdles) having almoſt a pint of ſack in your Baſon (upon the coals, with a ſpoonful of Roſe-water) your milk being ſeaſoned with ſugar, and taken off the fire, pour it into your ſaid Sack, ſtirring of it apace; while it is ſo pouring forth, take out your grain of Musk, ſo throw thereon beaten Cinamon, and ſend it up.

To coddle Codlings green, to ſerve up with Cream.

TAke Apples from the tree fit to coddle, put them into a broad Pan (or Skillet) of water, ſet them over an heap of charcoal fire; ſo that they may be alwayes ſcalding hot, and never boyl, kept cloſe covered; only to have an eye on them, that now and then they may be turned in the pan; This conſtant ſober heat without boyling (and being kept cloſe) cauſeth their greenneſs; when they are tender, take off the outward skin; your cream being boyled up, and ſeaſoned, you may put them in whole or in halves, all over your cream; being very well ſprinkled with Roſe water: ſo ſcrape on ſugar, and ſend them up.

To make Barley Cream.

LEt your Pearled barley be well boyled, then ſet over your cream, and put therein as much of the ſaid barley, as may bring it to a reaſonable thickneſs; being boyled up for the ſpace of a quarter of an hour,

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boyl in it whole Cinamon, and large Mace, with a little Lemmon-pill; then having two yolks of eggs, for each quart of Cream, well beaten with Roſe-water and ſome of the ſaid Cream, put them in, keeping your Cream ſtirring, adding a little ſalt, when you take it off the fire; ſeaſoned with ſugar, you may ſerve it hot to the Table.

To make Rasberry Cream.

WHen you have boyled up your Cream (as other Creams aforeſaid) take two ladlefuls of the ſaid Cream, (being almoſt cold) bruiſe them together, ſeaſon it with Sugar and Roſewater, and put it into your aforeſaid Cream, ſtirring it altogether; ſo diſh it up.

After the ſame manner may you do your Strawberry Cream.

To make Red Currans Cream.

YOu muſt firſt bruiſe your Currans with ſome of the ſaid Cream, (being boiled as aforeſaid) then ſtrain them through your ſtrainer (or ſieve) and put the Liquid ſubſtance thereof to the ſaid Cream (being almoſt cold) and it will be a pure Red; ſo ſerve it up.

To make Cabbage Cream.

TAke three gallons of milk, when it boyleth, put therein a pottle of Cream, (and after its in) let it boyl a dozen walms, then take it off the fire, and put it in four or five broad milk-pans; let it get a head, until the next day, that you intend to uſe it; when you diſh it, put half a Cabbage in the bottom of your diſh, (with the cut ſide downwards) then take off the head, or clouts of Cream, with a ſlice or ſcummer, and lay them over the Cabbage, ſprinkle on Cinamon, Sugar and Roſe-water, between each ſheet, ſo lay one on the

top of the other, until all the heads of your pans is on the Cabbage, and it will appear on the Table like a Cabbage; you may ſtick it with ſprigs of Roſemary, laying Artificial ſnow thereon.

But if you diſh the ſaid Clouts, in the bottom of a ſmall diſh (within a greater) you may then call it Clouted Cream.

To make Snow Cream.

BReak the whites of ſix eggs, put thereto a little Roſe-water, beat them well together with a bunch of feathers, until they come perfectly to reſemble ſnow; ſo lay on the ſaid ſnow in heaps upon ſome other Cream (that is cold) which is made fit for the Table; you may put under your Cream, in the bottom of the diſh, part of a penny loaf, and ſtick therein a branch of Roſemary or Bayes, and fill your tree with the ſaid Snow; ſo ſerve it up.

To make Almond Leach Cream.

BEat a quarter of a pound of Jordan Almonds in a Morter, until it comes to a Paſte; (but note in the beating, you muſt mingle by degrees ſome Roſe-water and Sugar) after it is well compoſed or beaten thin, with a little milk, adding thereto a little Rice-flower; ſo make it like a batter, pouring it into your Cream or Milk over the fire, and let them boyl altogether, (putting thereunto whole Cinamon, a little large Mace, Iſing-glaſs, and a quartered Nutmeg) for the ſpace of half an hour; But you muſt keep it ſtirring the whole time, for fear of burning; when you take it off, put into it the yolks of four eggs, beaten in a little Cream and Roſe-water, with half a pound of white Sugar; ſtir all together, and diſh it up; a pottle of milk is enough for all the aforeſaid compounds.

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The aforeſaid compounds being boyled in a quart of Milk, you may pour it into two baſons; you may colour one of them green with the juice of Spinnage, and ſlice it into your diſh when it is cold; ſtick your green with ſliced Almonds, and your white with green Cittern.

To make Goosberry Cream.

FIrſt preſerve your Goosberries (as you are taught in the Book of Preſerves) then having a clear Cream, boyled up, and ſeaſoned with old Cinamon, Nutmeg, Mace, Sugar, Roſe-water and Eggs, (as you have read before) diſh it up; and when it is cold, take up your Goosberries with a pin, and ſtick them on in rows, as thick as they can lie upon the ſaid Cream; Garniſh your diſh with them, ſtrow them over with Sugar, and ſend them up.

To make Rice Milk or Cream to be eaten hot.

BOyl your Rice in water about half a quarter of an hour, put it out into a Cullender, and pick out the unhuskt Rice from it, then put on three pints of Milk or Cream, or both together, and ſet it on a heap of coals in a skillet; put to it large Mace, whole Cinamon, a Nutmeg in halves; then put almoſt a quarter of a pound of your aforeſaid Rice, being thinned and beaten with Cream or Milk; let it boyl until the Rice be very tender, and it begins to thicken; then take the yolks of four eggs, and beat them with ſome Roſe-water, and a ladleful of your Cream, off the fire, ſo ſtir it all into your Cream over the fire, then take it off, and ſeaſon it with Sugar and a little ſalt, diſh it up, and take forth your whole ſpice, ſcrape Sugar round the brims of your diſh. After the ſame manner may you make Barley Milk or Cream; only note, you muſt give Barley far more boyling than your Rice, both in the water and milk.

To boyl Milk or Cream with French Bread, to be eaten hot.

TAke a French Role, being chipt, and ſlice it exceeding thin in little pieces, dry it upon the fire; then having three pints of Milk or Cream, ready to boyl with Cinamon, large Mace and Nutmeg, put in your Bread, and let it boyl together with your Milk; beat the yolks of four or five eggs with a little Roſe-water, and a ladleful of your Milk over the fire: and ſtir it together with your Cream; ſeaſon it with Sugar and Salt, and ſend it up. Theſe two above-mentioned, do uſe to be ſent hot to the Table on fiſh dayes.

To make Spring Pottage.

PUt on about a gallon of fair water, with a handful of great Oatmeal beaten ſmall, and a piece of Rib Bacon; then take a handful of Brook-lime, as many Water-Creſſes, Nettle-tops, Elder-buds, Violets and Primroſe-leaves, with young Alexander-leaves; mince all theſe very ſmall, put them to your broth, with a little large Mace; ſo ſeaſon it with ſalt, and put in butter when you take it off; and ſo ſerve it to the Table on faſting-dayes, or eat it in the morning faſting. It is good to cleanſe the blood.

To make Water-Grewel.

TAke a pottle of water, a handful of great Oatmeal, pickt and beat in a Morter, put it a boyling: when it is half enough, put to it two handfuls of Currans waſhed, a faggot or two of ſweet herbs, four or five blades of large Mace, a little ſliced Nutmeg; let a grain of Musk be infuſed a little while in it; ſeaſon it with Sugar and Roſe-water when it is enough, and put to it a little drawn Butter.

To

To make Punnado.

TAke about one quart of Running-water, put it on the fire in a skillet, then cut a light Roul of bread in ſlices, about the bigneſs of a groat, and as thin as wafers, dry it in a diſh on a few coals, then put it into your water, with two handfuls of Currans, pickt and waſhed, a little large Mace, ſeaſon it with Sugar and Roſe-water, when it is enough; And infuſe or rub the bottom of your diſh with musk: You muſt add Salt to this, and the abovementioned.

To make Barley-Grewel.

TAke half a pound of Barley, and give it one or two walms, in two or three waters, then put in it a ſtone Morter and beat it; ſo ſet it a boyling in a pottle of water, or more, with two ounces of Harts-horn; when it hath boyled about two hours, ſtrain it through a ſtrainer; then add a little more water to your Barley, to get out the heart and ſtrength of it; then ſet your liquor a boyling again, with half a pound of Currans, a faggot of cold herbs, as Sorrel, Strawberry, and Violet leaves, *&c.* alſo a little Time, three or four blades of Mace; and when the Currans are boyled enough, your broth will be ready; then add about a quarter of a pint of the juice of Sorrel, let it boyl one walm; take it off the fire, and ſcruiſe in the juice of four Lemmons; ſeaſon it with Roſe-water, with Musk infuſed therein, with a little Salt: there is notoing better than this, to give any one in a Feaver, all the time of their ſickneſs: if you ſerve it to the Table, leave out cold herbs, and add ſweet herbs, you may alſo ſend up the Barley with it, but for weak ſtomacks ſtrain it.

To make a Pearmane Cawdle.

MAke a Poſſet with a quart of Milk and white-wine very clear, then ſlice half a dozen great Pearmanes and boyl them in your Poſſet; when they are boyled enough, ſtrain the liquor forth, with as much of the Apple as will run; lay it on the fire again, with two or three blades of Mace; when it boyls, beat the yolks of three eggs into, to thicken it, ſeaſon it with ſome Muskified Roſe-water, and Sugar: this is very good to give ſick people which are ſubject to Melancholly.

To make a Lemmon Cawdle.

TAke a pinte of White-wine, and a pint of water, and let it boyl, put to it half a Manchet, cut as thin and ſmall as you can, put it in with ſome large Mace; then beat the yolks of two eggs to thicken it, and ſcruiſe in the juice of half a dozen Lemmons, ſeaſon it with Sugar and Roſe-water.

To make a Florendine, or Made-diſh of Rice.

THe Paſte for your Florendines ought to be a rich cold buttered Paſte, or Puff paſte: take a pound of Rice, boyl it a quarter of an hour in water, then put it out into a Cullender, afterwards boyl it half an hour in Milk, or as long as you can, provided your Milk burns not too; put four or five ſticks of Cinamon in the boyling thereof, and let it ſtand in a deep diſh or baſon, until it is cold, and congealed together; then take the one half of it, or as much as you need, break to it the yolks of ſix eggs, and the whites of two, put to it half a pound of Beef-ſuet minced ſmall, and almoſt as many Currans, a dozen of Dates minced; ſeaſon it with Cinamon, Nutmeg, a little Cloves, Mace, Ginger, Salt, and a handful of Sugar, with a little Roſe-water: ſo mingle it all up together in a thick batter, with a little Cream: cover

ver over your diſh you intend to bake it in with a ſheet of Paſte: put in your Rice, fill it not too full, that it riſe not over the brims of your diſh, then jagg a ſheet of Puff-paſte, the breadth of your diſh, about half an inch broad, twiſt them and lay over your Florendine, from the one ſide of your diſh to the other, faſtening them to the ſheet of Paſte in the bottom, ſo croſs them again, that they may be Chequer-work, then cut your Paſte upon the brim of your diſh, double, over all the ends of your croſs-bars: bake it, and ſtick it in the chequers with Lozenges: ſcrape on Sugar, and ſend it up.

To Butter Rice.

TAke Rice that is after the ſame manner boyled in water, then in milk, bruiſe it with your ladle, with ſome ſweet Cream amongſt it: put butter to it, and ſet it on a heap of coals in a diſh: let it boyl, and keep it ſtirring: ſeaſon it with Cinamon, grated Nutmeg, Salt, Roſe-water and Sugar: when it is enough, diſh it on ſippets of toaſts; and ſtick them with the ſame, or Lozenges of Paſte fryed and baked: ſcrape on Sugar, and ſend it up.

To make a Florendine or made-diſh of Apples.

PUt on a skillet of water, with ſome Currans a boyling: then pare about a dozen Pippins, and cut them from the Core, into the ſaid water: when they are boyled tender, pour them into a Cullender: when the water is drained from them, put them into a diſh, and ſeaſon them (but if you have time, ſtay until they are cold, leſt it melt your Sugar, beſides it will ſpoyl your Paſte) with Sugar, Roſe-water, Cinamon, and Carraway-ſeeds: then role out two ſheets of Paſte: put one in your diſh bottom, and all over the brims: then lay in your Apples in the bottom round and high; wet it round, and cover it with your other ſheet, cloſe it, and

carve

carve it about the brims of your diſh, as you pleaſe, prick and bake it: ſcrape on Sugar, and ſend it up for a ſecond courſe.

To make a Florendine or Made-diſh of Spinage.

TAke almoſt a peck of Spinage: when your kettle boyls very faſt, throw it in, and let it have half a dozen walms; then put it out into a Cullender and let it drain, and ſcruiſe out all the water; mince it very ſmall with a pill or two of Orangado, add to it half a pound of boyled Currans; ſeaſon it with Cinamon, Ginger, beaten Nutmeg and Salt; then put it in your diſh upon a ſheet of Paſte; put to it Butter and Sugar; cover and cloſe it; prick it over, and bake it: When it is almoſt baked, put to it a glaſs of Sack, a little drawn Butter and Vinegar; ſo ſhake or mingle it together with your knife, or ſpoon: and when you have occaſion for it, ſcrape on Sugar, and ſend it up.

To make Paſties to fry.

TAke of the ſame compounds, of Apples, and other ingredients, as is in your Florendine of Apples, and make very ſmall Paſties, as you did of the Rice, only add to them a little ſliced Orangado.

To make a Florendine or Made-diſh of Kidney of Veal.

TAke the Kidney of Veal, fat and all, as much as you have, and mince it ſmall; then mince a few ſweet herbs, and about a quarter of a pound of Currans, or more, according to the quantity of your meat; ſeaſon it with Cloves, Mace, Cinamon, Nutmeg, Sugar, Roſe-water, Salt, the yolks of three or four eggs, and a little Sack; if you think it will be too fat, you muſt add a handful or two of grated bread, a Pippin or two minced, with a little Orangado: ſo put it on a ſheet of Paſte in the bottom of your diſh, and cover it with

with another, cloſe it up, prick it and bake it, ſcrape on Sagar, and ſend it up for the firſt courſe.

To make toaſts of a Kidney of Veal, called Marrow toaſts.

MInce it, and ſeaſon it as aforeſaid, and put it in a diſh on the coals: as it melts, add grated bread and the yolks of eggs, a little Cream; ſo ſtir it up and down, until it comes into a body like Pap: then take two or three rouls of ſtale light bread, and cut off the two corners of every one of them: then cut them forth in toaſts throughout the roul; waſh the one ſide with the yolks of eggs, and ſpread on your compoſition; being hot, it will ſpread like butter: thus do with all of them, until all be one: waſh them over on the top with the yolks of eggs; and ſo fry them ſoftly: diſh them upon a plate, ſtrow on Sugar and ſend them up, for ſecond courſe, in a common dyet.

To make a Florendine or a Made-diſh of a Calves Chaldron.

TAke one that is very fat, and boyl it, mince it very ſmall, with Time, Parſlee, a handful of Spinnage, and a few other ſweet herbs; mince all theſe very ſmall, with a couple of Pippins; then put to them ſome grated bread, more or leſs, according to the fatneſs or leanneſs of your Chaldron: ſeaſon it with Cinamon, Cloves, Mace, Salt, Nutmeg and Ginger: then break in half a dozen yolks of eggs, and two whites: mingle all together, with a good quantity of Currans, according as you put to Mince-pyes: all theſe ingredients being well mixed, and your ſheet of paſte in the bottom of your diſh, lay your meat on it, but do not overcharge the diſh, leave room that the fat boyls not over the brims thereof: then lay over it Dates, Marrow, and Raiſons of the Sun; ſo cloſe it up, and bake it, ſcrape on Sugar, and ſend it up for the firſt courſe diſh. If

you

you have a mind to make a pye, or Mince-pies with the ſaid meat, you need leave out nothing but the eggs: Again you ought to put into your Mince-pyes a lear of Verjuice; After this manner may you bake Calfs-feet.

To make a Made-diſh of Apples and Red Currans.

BOyl up your ſliced Apples in a little water and Sugar; let them boyl until the Apples have ſoaked up all the liquor, and begins to to be dryiſh: then beat in a Morter a pint of red Currans, or more, put the Apples and them together, with the yolks of four eggs, and whites of two: boyl up a quart of Cream, and thicken it up with your eggs: put your Apples and Currans into your diſh on a ſheet of Paſt, and lay on more ſugar, cloſe it, carve your Paſt on the brims: over your Florendine with another diſh, and bake your Paſt in a ſoft Oven: when your Paſt is dry, take off your diſh, and let it bake a while gently; then when your Cream is cold, put in part of it, and mingle it together: let it ſtand a little in the Oven: then ſcrape on ſugar, and ſend it up for a ſecond courſe diſh: You may only make it with Currans and Apples with Sugar, Cinamon, and Roſe-water: ſo let it ſtand in the Oven for about half an hour while the Paſte is dry, and ſerve it up with a cut: It hath a very good taſte, and an excellent colour; and it is the better way.

To make a Made-diſh of Artichokes.

BOyl up about a pinte and half of Cream, with two eggs as before, with a little whole Cinamon, Roſe-water and Sugar: then ſlice five or ſix Artichokes very thin, ſeaſon them with Cinamon and ſugar: and ſeaſon the Marrow of three or four Marrow bones, in pieces as big as your thumb, your diſh having a garniſh oppoſite on the brims: butter it in the bottom, then lay a laying of Artichokes all over: ſtrow on the parboyled Currans,

Currans, and ſpread over it a laying of marrow: then pour on that a ladleful or two of Cream, and let it congeal together a little in the Oven: take it out, and lay over another laying of Artichokes, with Marrow, Currans and Cream, as you did before; ſo bake it, ſtick it over with *Almonds*, and ſend it up with a cut over it: You may make Florendines with Potatoes, Wardens, Quinces, or Pears: but by what you have already read, you may be able to perform according to their ſeveral Natures.

To make forced meats.

TAke a piece of a Fillet of Veal, and a little peice of Weſtphalie Bacon boyled, & a piece of Bacon larded, a little Beef ſuet: (the lean more in quantity then the fat) mince them all together: with one handful of ſweet herbs, with ſome onions (minced) added to them, ſeaſoned with Cloves, Mace and Nutmeg beaten: put as many raw yolks of eggs into it, as will make it up into a ſtiff body: you may mingle amongſt it, Pine-Apples, Piſtatious. Add ſalt to your ſeaſoning: this being rouled in the yolks of eggs, is your ſavory forced meat: And you may uſe it with any ſavoury baked or boyled meats, as you ſhall hereafter hear.

To make part of the ſaid forced meats green for your uſe.

TAke Spinnage, ſcalded in boyling water, turn it out into a Cullender, and ſcruiſe out the water, then mince it ſmall, and mingle it with ſo much of the forced meat, as you intend to uſe: you may alſo mince a handfull of Spinnage and Parſlee very ſmall: and when you have made your ſmall Balls of forced meat, as big, or little as you pleaſe; dip them in the yolks of eggs, and roul them in your green herbs, ſo that a quick boyling will make them as green as the herbs.

Another forced meat.

TAke a peice of a leg of Veal, or any other fleſh cut out of the skin, that you intend to force: mince it with a quantity of Beef-ſuet and ſweet-herbs, ſeaſoned with Cloves, Mace, Nutmeg and Cinamon beaten: add to it a little Sugar, Roſe-water, and one handful of Barberries, a little Salt: make it into a body with the yolks of eggs, and you may put in the whites of half of them, in this forced meat: It is neceſſary you put in dryed Citron and Orangado, minced very ſmall: you may green what part of it you pleaſe, as you did the other: this ſerves for your ſweet boyled meats, or baked meats of fleſh: or to force any thing that you would dreſs ſweet, to pleaſe ſome palates, if deſired.

BOOK VI.

Containing ſtrong Broths, and Pottages, with other preparations of Cookery.

To make Strong Broth for your uſe in dreſſing of meat.

TAke a leg of Veal, or other knuckles of Mutton and Veal, being well ſoaked in divers waters, and the blood dryed clean out: put it a boyling in fair Running-water: keep it ſcumming during the boyling: when it is almoſt boyled, you may add a faggot of ſweet herbs, large Mace, and a little Salt: your meat may be uſed for ſervice, but preſerve your Broth in a Pipkin.

An excellent Cordial Broth.

TAke a Cock or two, cut off their wings and legs: cleanſe all the blood out of the inſide, parboyle them very well, that when they are boyled, there may ariſe no more ſcum: then waſh them again in fair water, put them in a pitcher with a pint of Rheniſh wine, and as much of your aforeſaid ſtrong Broth as will cover them: add thereto a few Cloves, large Mace, ſliced Ginger and Nutmeg, a little whole white Pepper, if deſired, with a ſmall quantity of Chainie, and an ounce or two of Harts-horn; put in a little Salt, and ſtop up your pitcher cloſe, that no ſteam may come forth: then having a Pot over the fire, let your Pitcher boyl therein about ſix hours, then pour out your Broth through a ſtrainer, into a baſon, and ſcruiſe in the juice of two or three Lemmons: this may be heated as you have occaſion. It is not only Cordial, but good againſt a Conſumption alſo.

To make a Pottage of broth, to ſerve up with a Bisk, or grand boyled meat.

WHen you boyl up your Fowl, or other meat for that purpoſe, you may uſe the ſtrong Broth (before cited) and boyl as much meat therein, as you have when it is at the full ſtrength; take a quart thereof, add a pint of gravie drawn with wine, half a dozen of Anchovies, two or three whole Onions, a quarter of a pint of Oyſter liquor, one handful of Raſpine of your French Bread, the juice of two or three Lemmons, the yolks of a couple of eggs beaten into it, when you are ready to uſe it, with a ſliced Nutmeg; ſo draw it up all together; this is a Pottage or Broth fitting for ſavoury boyled meats; if you pleaſe, you may uſe ſome herbs in the ſaid Broth, for ſome of your boyled meats; as Spinnage, Sorrel, Endiff, Lettice, Purſlin,

or the like; however forget not ſome faggots of ſweet herbs in the boyling of it up: This is a rich Broth, with a very high hogo.

Another way.

TAke a quart of ſtrong Broth, put to it four whole Onions, a faggot or two of ſweet herbs, ſome large Mace, a handful of Goosberries, with Lettice and Endiff hackt, the yolks of two eggs beaten in half a pint of white-wine, two Lemmons cut dice wayes; when your Broth is boyled with your herbs, put in your eggs and wine, adding to it a ſliced Nutmeg; ſo draw it up till it boyls; then caſt in a ladleful of drawn butter; if it ſhould be too thick, you may add any quantity of Broth you pleaſe to it; this is a ſavoury ſharp Broth, and may be ſerved up with Veal, or Mutton, or what Fowl you pleaſe. But let not your Goosberries be boyled too much, for fear they turn to maſh.

To make a Broth or Pottage, called Skinck.

TAke a leg, or legs of Beef, according to the quantity of broth you would have; cut off the meat in pieces bigger than an egg; break the bone in pieces, let them lye a ſoaking in water, waſhing and cleanſing it clean from the blood; put it in your Pot, and a little more than cover it with water; ſet it over the fire, watch the boyling and ſcumming thereof; then put a quantity of Pepper tyed up in a rag or cloth, and when it is above half boyled, add four whole Onions, a little Cloves and Mace whole, a Race or two of Ginger ſliced; take forth a ladleful thereof, and ſteep a rag full of Saffron in it, bruiſe it with the handle of your knife, until you have coloured it, or the vertue of the Saffron gone; then put in the ladleful of Broth again, and let it boyl until your meat be exceeding tender, or to the conſuming

ing of half your Broth; ſeaſon it with ſalt to your pallate, and diſh it up on ſippets of French bread, with ſome of the meat in the middle of the diſh; this is the Skinck; but you may alter it; ſometimes by putting a handful or two of chopt clove-Cabbage; otherwiſe by bruiſed Spinnage and Endiff cut; your herbs in this caſe muſt not be ſhred ſmall; you may add ſliced Manchet to it which way you pleaſe. If you put in any of theſe, they muſt boyl but their time, which is about half an hour, otherwiſe they will loſe their colour.

To make white Broth.

TAke a pint or a quart of white-wine, put it on the fire in a Pipkin, with three or four quartered Pippins, being pared, eight Dates cut in halves, a faggot of ſweet herbs, large Mace, whole Cinamon, a quartered Nutmeg; let them all boyl together; (if you want liquor, add a pint of ſtrong Broth) take the marrow of three Marrow-bones, put it alſo in (when your aforeſaid Broth boyls) but if you pleaſe, wrap it up in the yolks of eggs, and a little grated bread, leſt it melt away; then take the yolks of four eggs well beaten with wine, or ſtrong Broth; (your Broth and ingredients being boyled) ſtir it therein; ſo ſeaſon it to your pallate with white Sugar, and take it off the fire; ſome add a pint of Cream to the eggs, but there is great danger therein, that it turns when the wine and Cream comes together; let both of them be boyled firſt, and almoſt cold before you compound them together; then you may ſet them on, and heat it again, by a continual ſtirring of them together; this Broth you may ſerve up with boyled Capons or Chickens; garniſh the Marrow and Dates upon the breaſt; you may if you pleaſe uſe Spaniſh Potatoes boyled and ſliced, or skirrets in this Broth; but for diſhing and ſending away your meat, you may ſee further in the Book of boyled meats.

To make Stewed-Broth.

TAke your ſhins of Beef or Mutton, otherwiſe what meat is allowed, being waſhed and ſet on, ſcum it clean; then ſlice your brown bread, and ſoak it in the ſaid Broth; when it is ſo ſoaked, rub it through a ſtrainer with your hands, put in as much as you judge will make your Broth thick in the boyling; when it is half boyled, add thereto your Raiſons, Currans and Pruins according to the quantity of your Broth, with beaten Cloves, Mace, Cinamon and Ginger; taking a good quantity of your Pruins up when they are boyled, maſh them together, and ſtrain them as you did the bread with Clarret; ſo let it continue till its boyled, then ſeaſon it further with Sugar and Roſe-water, and ſerve it up with ſome of the beſt of your meat.

Another, a Conſumption Broth.

TAke the Broth that certain pieces of Marrow-bones have been boyled in, which you may have for nothing at any Feaſt; boyl therein a great quantity of great Turnips: when they are boyled, preſs out all the liquor out of them, and put it again into the pot: then take two red old Cocks, ſcalded, beaten to pieces with the back of a Cleaver: then put them into the ſaid Broth with a pair of Calves-feet; let them boyl together, being well ſcummed: when they are half-boyled, put in ſome Raiſons of the Sun ſtoned, ſliced Lickeriſh, a few Anniſeeds, with a handful of Pine-apples and Piſtatious beaten in a Morter: then put in Cloves, Mace, and Nutmeg, adding to it a pint of red wine: when this meat is boyled all to pieces, ſtrain it forth into your Baſon or Pipkin: then put to it white Sugar-candy: and you may clarifie it too with the whites of eggs when you boyl it again (if your mind be to have it clear) and ſo run it through your jelly-bags: you may take this Morning,

Morning, Evening or Noon (the Doſe being a quarter of a pint.)

To make Red Pottage.

TAke a hanch of Veniſon, cut him in five or ſix pieces, and place them in the bottom of a pot or pan: then do more than cover it with fair water; after it boyls, and is ſcummed, add to it a good quantity of whole Pepper, and when it is half enough, put in four whole Onions, Cloves and large Mace, of each a little, ſliced Ginger and Nutmeg, three or four faggots of ſweet herbs, (with good ſtore of Time in the faggots) let it boyl together until the Veniſon be very tender, and a good part of the Broth conſumed: ſo done, pour out the Broth from the meat into another Pipkin; keep your Veniſon hot in the ſame Pot, either by being covered, or adding other hot Broth: then take a couple of great red Beet-roots, being above half boyled before, cut them in ſquare pieces, three times ſo big as Dice, and put them into your Broth taken from the Veniſon; then ſet it over the fire again, and let it remain there untill the roots are boyled tender, but not maſht to pieces; only add more in the boyling four Anchovies minced, then diſh up your Veniſon on ſippets of light bread, in order as it was in the hanch: then pour in your Broth, ſo much as will almoſt fill the diſh: then take your roots by themſelves, and toſs them in a little drawn Butter, and lay them all over the Veniſon: you may make uſe of boyled Colly-flowers, to garniſh it out further if you pleaſe. Let your red Broth be ſeen round about the diſh ſides: if the Beet be good it will be red enough: if not, you ought to colour it with Sanders: this is ſavoury red Pottage, and to be eſteemed above the Veniſon.

I have explained this here for the Broths ſake, rather than for the boyled-meats: in that Book I ſhall alſo ſpeak of more variety of Broths. *Another*

Another Broth.

TAke a pottle of ſtrong Broth, infuſe twelve ſliced Onions therein, this Broth may you uſe to make any of your ſauces for wild-fowl, and to draw gravie out of your meat: you may add to it a piece of Lemmon-pill, and a faggot of ſweet herbs.

How to draw Gravie.

WHen your meat is above half roaſted, put underneath thereof a diſh with a good quantity of the Onion Broth (before cited) then you may ſtab and cut your meat, when you think the gravie will run beſt: ſo lade on your Broth on the meat, to draw down the gravie: and likewiſe White-wine or Clarret, if you have it: when your gravie meat is roaſted enough, cut it off, and preſs it, that you may loſe none of the gravie thereof: ſo preſerve this gravie in your Pipkin, adding half a dozen of Anchovies, with a little Nutmeg to each quart or three pints of gravie; you may alſo put ſome Oyſter-liquor therein: this will be called for in your Feaſts, to uſe for ſauce for much of your meat, eſpecially your Range.

How to draw Butter.

TAke a quarter of a pint of ſtrong Broth, and put it into a Pan or Pipkin: break in two pound of butter, ſet it upon a heap of coals, keeping of it drawing or ſtirring with a Ladle; then break in two pound more, or as many as you have occaſion for, ſo you add liquor proportionable to it; ſtill keep it drawing up to the end, till it be diſſolved: when it looks white, thick and ſmooth, it is in a good condition, and you need not fear the oyling of it: but if it looks yellow and curdled, you will hardly recover it, but it will oyl.

How

How to Recover it.

TAke a ladleful of ſtrong Broth, put it on the fire in another Pipkin, then put to it half a pound of Butter in pieces, and when it is drawn white, you muſt pour in your oylie Butter; and as you pour it, be ſure to keep it alwayes ſtirring together; ſee that the oylie Butter overcomes not the drawn Butter, by putting it in too faſt: but in caſe you have no Butter in the houſe, yet there is a way to fetch the oylie Butter again; let it ſettle in a cold thing for a pretty while, then pour forth the moſt oylie of it, leaving the dregs and whey behind, add a little ſtrong Broth to the ſaid dreggs, and put it on a hot heap of coals, and ladle it up until it become like to drawn Butter in a body; then take it off the fire, ſtill keeping it drawing and ſtirring; in the mean time, pour in the oylie Butter very ſoftly; ſo ſet it on the fire and draw it, and when it becomes ſtrong, take it off and pour in your oyl again, ſo that the leſſer may comprehend the greater, and draw it all into a body again.

How to make Barley Broth.

TAke a knuckle of Veal, and a neck of Mutton, cut your Mutton in pieces, put them in a Pot with as much water as will contain to boyl them; then take a quarter of a pound of French Barley, having had two or three walms before, in two or three ſeveral waters; ſo put it out of your Cullender; and put it into your meat, ſcum your Broth well when it boyls; put in two or three great Onions, two or three faggots of ſweet herbs and Parſlee, almoſt one pound of Raiſons of the Sun, ſome whole Cloves, large Mace, two races of Ginger, a piece of Lemmon-pill; ſeaſon it with ſalt, and let it boyl ſoberly until it be enough; ſo ſerve up your meat with Raiſons and Barley on the top of it, and

garniſh

garniſh your diſh with Raiſons; But if you pleaſe to have it with herbs, you may add Endiff and Spinnage hacked with a knife, and put it in a quarter of an hour before it be enough: or in the Summer, you may uſe Lettice, Purſlin, or any other good herbs.

BOOK VII.

Which teacheth to make all manner of hot boyled meats of Fleſh.

How to make a Bisk.

THere is a grand boyled meat, called a Bisk, & it is much mended by the Engliſh, of what was practiſed by the French, according to their Original, becauſe an Engliſh man never thinks a thing well, nor rich enough, but uſually doth augment according to reaſon, and diſalloweth of unnatural compoſitions. The beſt way for dreſſing the ſaid diſh, now in uſe, and allowed, is, That you take all the choiceſt wild-fowl, and tame-fowl, of the ſmaller ſort; the biggeſt that is to be made uſe of, is a Capon or Pullet, to be forced; Put the ſaid fowl (that you make choice of) a boyling, with a piece of good Bacon, belonging to the rib; then having your forced meat in balls, about the bigneſs of an egg, but longer, rouled up in the yolks of eggs (as is ſhewn in the Book of Forced meats) put twenty of the ſaid Balls in the aforeſaid Fowl; you may wrap up ſome of the ſame Balls in the Caul of Veal after the ſame bigneſs and length; then charge a ſecond Pipkin with Lamb-ſtones, ſweet-breads, Lambs tongues larded on both ſides; theſe muſt firſt be all fryed brown only ſcorcht, not thorow, before they are put into the Pipkin,

Pipkin : put to them blanched Cocks-combs and ſliced pallets : let them ſimber up in ſtrong Broth, and a little white-wine : add two or three whole Onions, a little large Mace and Nutmeg : then charge your third Pipkin, with bottoms of Artichokes cut in quarters, and the Marrow of four or five bones : let them boyl with ſtrong Broth; then having all your Fowl drawn, and truſſed, whether peeping Chickens, ſquab Pigeons, or in ſeaſon, Plovers, Partridge, Ruffs, Knots, Godweaths, Quails, Larks, or any other; your proportion in theſe being truſſed, parboyled, and made ready, boyl them up according to their time of boyling, either in water and ſalt, or ſtrong Broth; let all theſe ingredients be ready together : then having your great Charger, with a ſoop and light bread in ſippets, then diſh up your Capon (or great Fowl) in the middle of your diſh, and place your worſer Fowl round about, and your next ſort towards the brim of the diſh, and your beſt and ſmalleſt ſort on the top of all; your forced meat between the Fowl and round the diſh; and your Lamb-ſtones and ſweet-breads in every vacant place; then ſlit your Lambs-tongues in halves, and put them in the moſt neceſſary place, with the larded ſide upwards; ſo put your Pallets and Cocks-combs between and about the whole, as alſo your Artichokes and Marrow about the top of the boyled meats; then take your Bisk Broth, being boyling hot, adding half a pint of Clarret gravie thereto, pour it all over your boyled meat; you may garniſh your boyled meat with fryed Bacon, fryed Potatoes, fryed Oyſters, and all over with ſliced Lemmon; then ſtrow it over with one handful of Piſtatious Kernels; you may make this Bisk leſſer, or bigger, as you pleaſe.

To make a brown Bisk.

TAke all your aforeſaid Fowl, or what Fowl you have, and half roaſt them; (yet let their breaſt be a yellowiſh brown) put them into your Pipkin, with ſtrong Broth; and likewiſe all your other ingredients mentioned in the other Bisk (except your Marrow and Artichokes) ſeaſon this your great Pipkin with Mace, Nutmeg, half a dozen of Onions, ſome faggots of ſweet herbs, with a dozen Anchovies; let theſe ſtew all up together; put a ladleful or two of drawn butter to them; then having your ſoop in your Charger upon a heap of coals, diſh up your groſſeſt Fowl in the middle, and all your other round, as flat as you can; and your moſt groſs ingredients between, and your beſt over all: In theſe boyled meats, you may uſe both Muſhroms and Oyſters ſtewed up in gravie, caſt this over your boyled meat: ſo lear your boyled meat as before; and garniſh it about the brims with Petteets, and Bacon fryed brown in eggs, with ſliced Lemmon on the top; ſtrow over it all yolks of eggs minced ſmall. In this way of boyling, Reaſon muſt guide you, to know what Fowl or Ingredient will ask moſt boyling, and what leaſt; and ſo boyl up the whole accordingly.

To make an Olue.

IN this Olue, you muſt take all manner of Fowl that is allowed you, both of great and ſmall; ſome whereof you may force, others you may lard; theſe being all roaſted, take a gammon of Bacon, that is well boyled, skinned and larded with Lemmon-pill and Sage, waſh it over with the yolks of eggs, and ſtrow thereon minced Sage, Pepper, and hard yolks of eggs: then having another Pipkin charged with balls of forced meat, Saſſages, Lamb-ſtones, and ſweet-breads, Artichokes in quarters, and what other Ingredients, or vari-

varieties you have, Let them all boyl up together in ſtrong broth, with a faggot of ſweet herbs, Large Mace, and two or three Onions : your Gammon of Bacon being Roaſted for the ſpace of an hour: Elſe baked in an Oven : Diſh it up in the middle of your diſh, and your fowl in order round about your forced meat, and Saſſages place likewiſe round about, and between the fowl : your other Ingredients all over your Olue in vacant places : Let your Leare be half a pint of gravie, and ſome of your ſtrong broth, boyled up with ſome Anchovies, and three or four whole Onions, with ſome grated Nutmeg; ſo pour it all over your Olue, and garniſh it with ſliced Lemmon.

How to force all manner of Meats.

SUppoſe you have a deſire to force a leg of Mutton, or Lamb, or any ſuch like meat, you muſt let your knife run round betwixt the skin and fleſh of your leg of Mutton, (or other meat) take heed you cut not the outward skin : Cut out all the meat from the bone within the leg : then waſh your leg in the In-ſide with the yolks of eggs, being ſeaſoned after your forced meat is made, as before was taught : you may force it ſavoury or ſweet, at your pleaſure : And when its full in the room of your fleſh, waſh it at the butt end with the yolks of eggs; And cloſe your skin to the forced meat, in the form as it was at firſt; ſo ſet it on a piece of a Caul of Veal, in the diſh or pan you intend to bake it in, waſh it over the top with the yolks of eggs, and let it bake ſoberly : then you may make both of your white and green forced meat, as many proportions of birds, in the manner of Pigeons, Quails, or Plovers, as you pleaſe, waſhing them over with the yolk of eggs : So if you have the heads of any of the fowl before mentioned, joyn them on with your Proportions, with the yolks of eggs : your leg of Mutton being

being half baked, put them in the ſame pan, or into ſome other, in the Oven; when it is baked, you may diſh up your leg of Mutton, with the greateſt proportions next round about it, and the leſſer to garniſh your diſh about the brims; In the baking thereof you ſhould put ſome Wine or ſtrong broth, being thickned up with a yolk or two of an egg, will ſerve for a leare to put over it, ſo garniſh it.

Your Leare for your ſweet forced meats.

TAke a little ſtrong broth, White-wine, or Verjuice, Sugar, Cinamon, and Nutmeg; one handful of ſtript Barberries, a Lemmon cut in dice or ſlices; thicken it up with the yolks of two or three eggs; when it boyleth, put therein a Ladle full of drawn butter, and pour it over your forced meat. If you force Fowl, you muſt cut the fleſh from the breaſt of both ſides your Fowl, up to the breaſt-bone, ſo let your knife run betwixt the fleſh and the skin, meeting at the breaſt-bone, rounding of the fleſh, take it out: Let the breaſt-bone continue, and the skin that groweth on the top of it, and take heed you cut no holes in the skin: Waſh it in the inſide with the yolks of eggs where the meat is taken out; And force it again, with a ſweet, or ſavoury, which you pleaſe. After this manner, muſt you force all Fowl.

How to make a forced boyled meat.

YOu may force one Capon, three Chickens, and three Pigeons, and ſome thin Collops of Veal; firſt let your Capon be half boyled, and more; then put in your forced fowl, and as many of the ſame kind unforced; your Collops of Veal being ſeaſoned, and waſht over with yolks of eggs, and rouled up with forced meat, p[illegible] them in alſo, bound up with a thred; boyl a quantity of forced meat balls, both green and white,

white, by themſelves, (about the bigneſs of a little egg) in a pipkin; your diſh being laid with Sippits; put your Capon in the middle thereof, with the ſix forced fowl round about; and the unforced fowl between, your forced Collops (which ought all to be larded) cut in the middle, and varniſhed in all the vacant places among the fowl, as alſo your green, and white forced balls, round about the diſh, between, and upon the fowl, your proportion of Birds (as before taught) round about the brims of your diſh; if your fowl was forced ſavoury, you muſt have a ſavoury Leare made with Gravie and ſome of your ſtrong broth, Oyſter Liquor, and Anchovies diſſolved, beaten up with the yolk of an egg: when you Boyl it, pour this over your Boyled meat: Then ſtrow it all over with Weſtphalie Bacon cut very ſmall; Garniſh it over likewiſe with Lemmon and Barberries at your pleaſure.

Your Leare and garniſh for ſweet forced boyled meat of the ſame kind of Fowl.

TAke half a pint of ſtrong Broth, and as much Verjuce; put them over the fire, add thereto a quantity of Barberries, one handful of Grapes, or Goosberries (if in ſeaſon) the yolks of three Eggs beaten up in a little white-wine, ſeaſon it with Sugar, Nutmeg, and Cinamon, (beaten) draw it up, and pour it over you boyled Meat: ſtick your boyled meat with ſprigs of Paſte, garniſh it over with Barberries, red Currans, Lemmon, or what you pleaſe.

To boyl Capons or Chickens in white Broth.

BOyl up your Fowl white in ſtrong Broth, if you have it, otherwiſe in fair water and Salt, with a faggot of ſweet herbs, and large Mace: your diſh being ſippeted, and garniſhed with Barberries boyled up (and Lemmon) lay your Fowl therein, and pour on

on your Broth and ingredients : as it is ſhewn in another place.

To boyl a Hanch of Veniſon.

YOu may force your Veniſon, with a handful of ſweet herbs and Parſlee minced, with a little Beef-ſuet, and yolks of eggs boyled hard : ſeaſon your farceing with Pepper, Nutmeg, Ginger, and Salt : put your Hanch of Veniſon a boyling (being powdered before) then boyl up three or four Colly-flowers in ſtrong Broth, and a little Milk : when they are boyled, put them forth into a Pipkin : add to them drawn butter, and keep them warm by the fire : then boyl up two or three handfuls of Spinnage in ſtrong Broth : when it is boyled, pour out part of your broth, and put in a little Vinegar, a ladleful of drawn butter, and a grated Nutmeg : your diſh being ready with ſippets in the bottom, put in your Spinnage thereon round towards your diſhes ſide : then take up your Veniſon being boyled, and put it in the middle of your diſh, and put on your Colly flowers all over it : pour on your drawn butter over your Colly-flowers : garniſh it with Barberries, and the brims of your diſh with ſome green Parſlee minced. In the ſame manner may it be done with Cabbage.

To boyl Legs, Necks, or Chines of Mutton, four wayes.

YOu may lard your Mutton with a little Lemmon-pill, boyl it in water and ſalt, with a faggot or two of ſweet herbs : then take a pint of Oyſters, being waſhed and ſet : put to them ſome of their own liquor in a clean Pipkin, a little ſtrong broth, and half a pint of gravie, as much white-wine, put to them two or three whole Onions, and a little quantity of Time, grated Nutmeg, and three Anchovies, let them boyl together, beat up two or three yolks of eggs in a little

of

of the ſaid Broth, and draw it up thick, with a ladleful of drawn butter amongſt it : diſh up any of the ſaid meat upon ſippets, and pour on your Lear, with your Oyſters on the top : garniſh it with Lemmon and Barberries, and ſend it up.

Another way.

TAke half a handful of Sampier, a handful of Capers, a few ſliced pickled Cowcumbers : put them in a little ſtrong Broth, White-wine and Verjuice, let them boyl together, (put to them a Lemmon cut in Dice) when you bring them off, and a grated Nutmeg; beat them up thick, with two yolks of eggs, and a ladleful of drawn Butter : put therein a ſmall quantity of Sugar, that it may be a ſharp ſweet; diſh it upon ſippets, pour on the Leare, garniſh it with Barberries, Sampier and Capers, and ſerve it up.

Another way.

CUt Turnips in ſquare pieces, boyl up a pottle of them in a little ſtrong Broth and Milk; when they are tenderly boyled, pour them forth into a Cullender, then having a great handful of Parſlee boyled green, and chopt very ſmall, with a handful of boyled Barberries, ungrated Nutmeg, and a little ſmall Pepper, put theſe together with the Turnips, in a great Tinn diſh : add to it two or three ladlefuls of drawn butter, a little Vinegar and ſtrong Broth : ſet them upon the coals, and toſs them up together : then diſh up your meat, as before, and lay them all over by ſpoonfuls, Broth and all.

Another way to make a Leare for the ſaid meat.

TAke a little white-wine and ſtrong Broth, with ſix Onions minced exceeding ſmall, boyl them well together; then put in ſome ſmall bunches of grapes, and

ſome looſe, with a handful of minced Oyſters, a handful of parboyled Parſlee minced very ſmall likewiſe, and a Nutmeg ſliced, thicken it with the yolks of two eggs, ſo pour it all over your meat, garniſh it with Grapes on the top of it; pour over all your Oyſters a ladleful of drawn butter, and ſtrow on the yolks of hard eggs minced ſmall.

To boyl a leg of Veal and Bacon.

LArd your leg of Veal with Bacon all over, and a little Lemmon-pill amongſt it, then boyl it with a piece of middle Bacon; when your Bacon is boyled, cut it in ſlices, ſeaſon it with Pepper and dryed Sage mixed together; diſh up your Veal with the Bacon round about it; ſend up with it, ſaucers of Green-ſauce, ſtrow over it Parſlee and Barberries.

To make your Green-ſauce two wayes.

1. TAke a handful or two of Sorrell, beat it in a Morter, with two Pippins pared and quartered; add thereto a little Vinegar, and Sugar; this is your Green-ſauce to ſend in Saucers.

2. Take two handfuls of Sorrel, beat it well in a Morter, ſcruſe out the juice of it, put thereto a little Vinegar, Sugar, drawn butter, and a grated Nutmeg; ſet it on the coals until it is hot, and pour it into your diſh on your ſippets; ſo diſh up your Veal and Bacon.

To boyl a breaſt of Veal.

BOne your breaſt of Veal, and beat it well, then waſh and dry it, having one handful of ſweet herbs, Parſlee and a little Sage, minced ſmall, with a ſmall quantity of Cloves, Mace, and Nutmeg beaten, adding to it a little ſalt; waſh over the inſide of your Veal with the yolks of eggs, and ſtrow your herbs all over

over it, and lay over it ſome ſlices of Bacon, dipt in the yolks of eggs, ſo roul it up into a Coller, and bind it with Tape; boyl it with a piece of middle Bacon; when it is enough, cut out your Coller in eight ſlices, and diſh it on ſippets; ſlice out your Bacon in the ſame number, diſhed between your Veal; let your Lear be made with gravie and ſtrong Broth, with a ſliced Nutmeg, drawn up thick with drawn butter, and the yolk or two of an egg, pour it over your meat; garniſh it with ſlices of Bacon, fryed up in yolks of eggs.

To boyl a Knuckle of Veal, with the Neck cut in five pieces to be ſerved in Broth.

LArd the pieces of the Neck with Lemmon; put it a boyling in fair water, or ſtrong Broth (if you have it) let it be clean ſcummed; put therein a faggot of ſweet herbs, a little large Mace; when it is almoſt boyled, put in ſome ſmall forced meat balls, both green and white, two handfuls of Spinnage, with one Manchet in ſlices; when it is enough, diſh up your Knuckle upon ſippets in the middle of your diſh, and the pieces round about, with the forced meat between, and the herbs and broth over your meat; you may lay on ſlices of Bacon, if you pleaſe.

To boyl a leg of Pork.

LEt your leg of Pork be well powdered for a week, then boyl it, and having a handful of boyled Sage, minced very ſmall, put it into a little ſtrong *Broth* with butter and Pepper; then let your Turnips be boyled, as before for your leg of Mutton; toſs your Sage and them together, with more drawn butter; diſh up your Pork, and lay on your Turnips over it: you may ſtuff your leg of Pork firſt with Parſlee and Sage, and boyl it up with Cabbage; after the ſame

manner, being chopt a little, and toſt up in drawn butter.

To boyl Capons or Hens for the Winter-ſeaſon.

AFter your Capons or Hens are boyled, with a piece of bacon; take a pint of ſtrong *B*roth and white-wine: put in a pound of Saſſages, two or three whole Onions, a little Nutmeg and large Mace, a faggot of ſweet herbs, a quart of Oyſters, a little minced Time; let them boyl up together; thicken them with the yolk of an egg, and a little drawn butter: diſh up your Capons or Pullets on your ſippets: then pour on your Lear and Oyſters upon the breaſts, and the Saſſages round about, with ſlices of bacon betwixt: garniſh them with Lemmon: ſtrow them over with the yolks of hard eggs minced.

Another way with Muſhroms.

IF you gather your Muſhroms, peel off the outward skin, and barb them underneath, throw them into water: then take them up, and put them in a Tin diſh, put to them ſome whole Pepper, Mace, and three or four whole Onions: ſet them on the fire for a while, and there will run from them much liquor: ſtir them about in the ſaid liquor; when they are well ſhrunk, pour the liquor from them, and put to them a little white-wine, and ſtrong *B*roth, Oyſter-liquor, with three or four Anchovies, a little minced Time and ſliced Nutmeg: add to them half a pint of the beſt gravie, thicken the liquor with the yolks of two eggs beaten, and a little drawn butter: your Capons or Pullets being diſhed upon ſippets, toſs up your Muſhroms, and pour them on your Capons garniſhed with Lemmon.

To boyl Chickens.

BOyl your Chickens in water and ſalt, with a faggot of ſweet herbs, and large Mace; put in a piece of butter, keep them white; then take a little ſtrong *Broth* and white-wine, ſome bunches of Grapes; when they are boyled together, put in a ſliced Nutmeg, the yolk of an egg to make it thick, with a handful of Parſlee ſcalded and minced, with a ladleful of drawn butter; ſo diſh up your Chickens, and pour on your Lear; garniſh them with Lemmon, and put your bunches of Grapes on the breaſts of the Chickens.

Another way.

TAke half a pint of the juice of Sorrel, ſet it on the fire, then take three or four bunches of Sparragraſs, (being already boyled, but not too much) cut off the buds ſo long as your finger, then cut off another cut from your Sparragraſs, if they be not ſtalky, put them into your Sorrell that is heating on the fire, and with them a ladleful of drawn butter, and grated Nutmeg, a little ſet Parſlee minced; if you add a little Vinegar, you muſt do the like with Sugar, that it be not too ſharp, neither muſt it be too ſweet: ſet your diſh with ſippets on a heap of coals (which you ought to do with all your meat) put ſtrong *Broth* to your ſippets, that the fire may make them ſwell, diſh up your Chickens, ſhake your Lear together, put the Sparragraſs on the breaſts, with a little drawn butter thereon.

Another way.

TAke your bottoms of Artichokes (being already almoſt boyled) cut them in ſlices (not too thin) then take the marrow of two or three Marrow-bones, and boyl it in a little white-wine and ſtrong *Broth*; put

in your Artichokes, and let them boyl together until they be enough, thicken it with a little drawn butter, and the yolk of an egg; cut your Chickens in halves, and diſh them on your ſippets; ſo take out your Marrow and Artichokes, with your little ladle, and lay it all over the Chickens; then pour in your Lear, and a little drawn butter thereon, ſet them on the coals, and grate on a Nutmeg all over your boyled meat; this you may do in Winter as well as Summer, having pickled Artichokes by you.

Another way.

TAke Shirdowns, and boyl them as you do Artichokes; take likewiſe the ſtalks of them, being cut a handful and half long; ſplit them in the middle, and peel off the out-ſide, and boyl them pretty tender; then take them out, and put them into a Pipkin, with the Shirdowns, being quartered; put to them a glaſs of Sack, as much white-wine, and the like of ſtrong *Broth* (from your Chickens, if you have no ſtronger) let them boyl until they are very tender, with a blade or two of Mace, ſome ſet Parſlee minced, and a ladleful of drawn butter; when they come off the fire, add ſome Vinegar and a very little Sugar, that may hardly be taſted: ſet your diſh on the coals, with ſippets in the bottom, diſh up your Chickens cut in halves: lay on your Shirdowns and ſtalks all over them: pour on your Lear, with a little drawn butter on the top.

Another way to boyl Pullets and Chickens for the Winter.

BOyl your Spaniſh Potatoes, but not too much, then cut them to pieces about the bigneſs and length of your thumb: then take a handful or two of Skirrets, boyled and blanched, with two or three pills of Orangado, ſliced in pieces long wayes: put them altogether into a Pipkin, with a little ſtrong *Broth*, White-

White-wine, and Vinegar, a blade of Mace, let them boyl together; then beat them up with the yolks of two eggs, and a ladleful of drawn butter, and a little Sugar; when you take them off the fire, put in a grated Nutmeg, diſh up your Pullets or Chickens on ſippets, lay all over them your Potatoes, Skirretts and Orangado mixed together; pour on your Lear, and garniſh it as you do your ſweet boyled meats, with Orangado and Barberries.

Another way.

TAke your Cabbage Lettice, cut out the hard Cabbage thereof; force your outward leaves (dipt in the yolks of eggs) with your ſavoury forced meats; then make your forced meat Balls green and white; when your ſtrong Broth boyls, put in your forced Lettice, and afterwards your ſmall Balls; then take the hard of your Cabbage Lettice, and ſome curled Endiff, and give it a quick boyling in ſtrong Broth; when it is almoſt boyled, quarter your Lettice, and cut your Endiff as long as your finger; put it into a Pipkin with half a pint of gravie ſeaſoned, a ſpoonful or two of Vinegar, and a little ſtrong Broth; you may add an Anchovie, with a grated Nutmeg, and a ladleful of drawn butter; if it be not thick to your mind, you muſt help it with the yolk of an egg; then diſh up your Pullets, or Capons; take up your Cabbage-Lettice, cut them in the middle, and place them round about your diſh, as alſo your green and white forced meat, then pour on your Lear with your Endiff and Lettice upon the breaſt of your Fowl; you may garniſh your diſh with a Cowcumber boyled and forced; after the meat is taken forth, cut it in pieces, and lay it round the diſh.

To

To boyl wild-Ducks, Wigeons or Teal.

FIrſt half roaſt them; then take them off, and put them in a ſhallow broad pan that will contain them, with a pint of Clarret-wine, and a pint of ſtrong Broth, a dozen of Onions cut in halves, a faggot or two of ſweet herbs, with a little whole Pepper, and ſome ſlices of Bacon: cover your pan, and let them ſtove up: add gravie to part of the liquor at the laſt, ſo much as will ſerve to diſh them: garniſh them with the Bacon and Onions, if you pleaſe.

Another way.

TAke Clarret-wine, and ſtrong broth, as before, ſlice in half a dozen Onions, and let it boyl together: then put in the quarters of half a dozen Pippins (pared) two or three blades of large Mace: and when your Ducks or Wigeons be half roaſted, cut them in halves, and put them in, and then ſtove them up together, until they are enough; put a ladleful of drawn butter to them, and a grated Nutmeg: diſh up your Ducks, *&c.* on ſippets, pour on your Lear, and let your quartered Apples lye all over your Fowl, garniſh it over with bacon fryed yellow with eggs, and ſtrow it over with hard yolks of eggs minced: You may alſo uſe ſavoury forced meat, and Saſſages in the boyling of theſe: however neglect not the larding of them before you roaſt them: this way of boyling will ſerve both for Duck, Teal, or Wigeon, being much of a nature.

To boyl Rabbets.

YOu muſt truſs them for boyling, by pricking down the head to the ſhoulders, and their hind legs to the belly: you may lard them with bacon, and boyl them up white: take the Livers, being boyled, mince

mince it ſmall with a little boyled fat bacon, cut like Dice; put this in a little Wine, ſtrong broth and Vinegar, to the quantity of half a pint: let it boyl with a little large Mace: then put into it a little ſet Parſlee minced, a few *Barberries*: you may uſe Grapes if you have them: add thereto a ladleful or two of drawn butter; if it be too thick, or lack Lear, you may add a little more Vinegar and ſtrong *Broth*: diſh up your Rabbets on your ſippets, and pour your Lear all over them, and garniſh them with Lemmons and *Barberries*.

How to boyl Pigeons.

TAke Spear-mints, one handful of Parſlee, a few ſweet herbs, with a ſmall quantity of Time, two or three Onions, mince all this together very ſmall: Put to it ſome thin ſlices of bacon, about an inch in length and bredth, add to it one handful of grated bread, the yolk of an egg, and a little piece of hard butter; make up this into a body, and fill your Pigeons bellies therewith: then put them into a deep diſh, with their bellies downwards; put to them a little white-wine, ſtrong broth, and vinegar, with two, or three whole Onions; let them boyl together; when they are boyled, take out the farſt matter in their bellies; Put it in a pipkin, with ſome of your Pigeon broth; (you muſt not forget to have ſavoury forced meat, both white and green, boyled up with the Pigeons) And as many ſlices of bacon (as you have Pigeons) being before boyled; put in a grated Nutmeg and a ladleful of drawn butter, with a handful of ſcalded Goosberries, if you have them, diſh up your Pigeons round your diſh, and a piece of bacon cut ſquare, in the middle larded with Lemmon, and your force meat round your diſh, and your other bacon between your Pigeons, then pour your Lear all over your boyled meat, with a ladle

of

of drawn butter on the top of that, and ſtrow it over with Weſtphalie bacon minced; the common way of boyling Pigeons or an old Coney may be uſed, which is, to ſtuff their bellies with parſlee, and a little Onion; And when they are boyled, to be taken out and minced, and put into butter and vinegar; ſo poured over your *P*igeons and *B*acon.

To boyl Plovers.

YOu muſt almoſt roaſt them, then ſtew them up in ſtrong broth and gravy, with three or four whole Onions, good ſtore of ſmall force meat balls, and Saſſages, two or three Anchovies; when they are enough, add to them a grated Nutmeg, and a ladle of drawn butter; to this kind of boyled meat you may uſe Lamb-ſtones, Sweet-breads, and *P*allets: ſo diſh up your *P*lovers, and order your Ingredients round about, as you have ſeen in other boyled meats.

To boyl Caponets or Pullets.

TAke two or three, according to the greatneſs of your feaſt, or diſhes: take a Gammon of Weſtphalie bacon, boyled very tender, and about half a dozen of Marrow-bones, trimmed with a Cleaver; that is to ſay, cut off both ends of the bones that they may not be cumberſome, then cut them round in the middle as you ought (and uſe to cut a Marrow-bone) All theſe Ingredients being boyled, (only the Gammon of bacon by its ſelf,) you muſt have in readineſs a Pipkin full of parboyled Spinnage, with a good quantity of parſlee; (afterward ſtewed up in a little Wine, ſtrong broth, adding to it a little Mace, Salt, and Nutmeg) then diſh up one half of your ſpinnage, in the bottom of your diſh on ſippets; remember you put in it drawn butter, and a little Vinegar, when you take it off the fire: your Gammon of Bacon being blanched, lay it in

in the middle of your diſh, then cleave your Caponets, or Pullets in the middle from the breaſt to the back, and place them round about your bacon; then place your Marrow-bones between every ſide, and Sparagraſs upon your Pullets, with toaſts about your diſh brims and Marrow-bones: ſo put the reſt of your ſpinnage, *&c.* by ſpoonfuls on the top of your bacon, and pour on drawn butter with a little very ſtrong broth over your meat, and garniſh it with Lemmons; you may make this boyled meat in the Winter ſeaſon with Oyſters, Lamb-ſtones, ſweet-breads, pallets, fryed, and ſtewed up with Gravie, Claret-wine, Anchovies, Nutmeg, Mace, Salt, a faggot or two of ſweet herbs, and a couple of Onions, adding Pigeons, or what other fowl you pleaſe place all this upon, and about your boyled meat, in the room of your ſoop or Spinnage.

To make a forced boyled meat.

TAke ſix Chicken *Peepers*, as many ſquob *Pigeons*, and ſo many Quails, with what ſmall fowl is in ſeaſon, boyl them in water, ſalt, and ſweet herbs: then take two dozen of Larks; Truſs and farce them with a piece of Weſtphalie Gammon of *Bacon* minced with the yolks of hard eggs, *Parſlee*, Spinnage and Time, ſome grated bread and Nutmeg, made into a body with the yolks of raw eggs, then mince ſome parboyled Spinnage, and *Parſlee*, and dip your Larks in the yolks of eggs, and roul them up and down in your green herbs; Let your *Pipkin* boyl with ſtrong broth, and put them in, with about forty forced meat balls as big as a Walnut, green, and yellow; put to them about ſix Sweet-breads, as many Lamb-ſtones, two or three pallets ſliced and fryed, ſome Artichokes cut in quarters, a handful of Cheſtnuts, with *Piſtaches* and *Pine*-apples; then having about a dozen of Marrowbones cut in halfs, cleared from the fleſh, and the ends of the bones

bones Trimmed, cloſe them on force meat balls with the yolks of raw eggs, that they may ſtand together upright, then ſtop your other bones with a little paſte and eggs, and lay about them : bake them in an Oven, then force your half Orange, Lemmon, and *P*omgranate *P*eels, and put them unto your bones before they are baked ; your diſh being ready with Sippets, put in the middle thereof your three Marrowbones upon forced meat balls ; then lay your other bones round about by the ſides, and your Chickens, *P*igeons, Quails, or what ever fowl you have, between all : then pour out part of your Liquor, from your Larks and other Ingredients, and put in a pint of gravy, with four Anchovies, a handful of Muſhroms, a ladle of drawn butter, and a grated Nutmeg : Diſh your green Larks all over your boyled meat, with all the reſt of your Ingredients; ſo lear it, and ſtrow on Weſtphalie bacon minced ſmall : garniſh round, and upon your pills of Orange and Lemmon ; and ſtick ſome branches of Roſemary on your Marrowbones ſtanding upright, elſe ſome ſprigs of Artificial *B*irds made with Almond paſte ; you may garniſh the brims of your diſh with toaſts, and your boyled meat with ſliced Lemmon.

To Boyl Udders and Tongues.

WHen they are boyled enough in the *B*eef pot, and blancht, you muſt have your Turnips ready boyled, cut in pieces and toſt in *B*utter, as alſo your Colly flowers and Carrets : put your Turnips all over the bottom of a large diſh, then ſlice on your Tongue or Tongues, and lay them one againſt another; ſlice your Udders, and lay them between, oppoſite : garniſh your Colly flowers all over them, and the Carrets up and down between your Colly flowers : you may add of the fat of your *P*ot, if it be pure, unto your drawn *B*utter and Vinegar, and pour over it.

A

A boyled meat after the French faſhion.

TAke bottoms of boyled Artichokes, the yolks of hard eggs, young Chicken Peepers, and ſquob pigeons, truſs with Veal ſweet breads, Lamb ſtones, Cocks ſtones and Combs, and knots of eggs, put all theſe into a Pipkin with ſtrong broth, White-wine, Salt, Pepper, Nutmeg, Mace, Butter, ſtew all theſe together ſoftly, then boyl up your Marrow, in a little pipkin, with a handful of Barberries, Grapes, or Gooſberries, pour your liquor from your Marrow, and put in half a pint of gravie, and a ladle of drawn Butter, grated Nutmeg, and ſome Piſtaches, when your pipkin is ready with the Ingredients; diſh your fowl on Sippets, and place all your other on and between them, and your other Leare with Marrow, over your boyled meat, and lay Sparragraſs round that, garniſh it with Lemmon, and ſet it on coals till you ſend it up.

Another way according to the French faſhion.

TAke part of a Capon minced and ſtampt with Almond paſte, Muskified bisked bread, ſome yolks of hard eggs, and ſweet herbs minced very ſmall, ſome yolks of raw eggs, Saffron, Cinamon, Nutmeg, Currans, Salt, Marrow, and Piſtaches, mingle all theſe together, then take ſix Manchets of French bread of a day old chipt, cut a round hole in the tops of them, and ſave the pieces, then take forth all the crum, and fill the ſaid loaves with compoſition prepared, and ſtop them at the top with your pieces you ſaved, then bind it up in a clean cloth, and boyl them in a skillet, or bake them in an Oven: then take three Chickens and three Pigeons, and cut them down their backs, take off their skins without holes, with the legs, wings and neck on: then force them with the fleſh made into a ſavoury force meat, as elſewhere. When they are forced,

forced, ſow up their backs, then put them into a deep diſh with ſtrong broth: you may boyl with them Quails, Martins, Sparrows, pieces of Artichokes, Sparragraſs, Marrow, Piſtaches, Pine-apples: when all is ready, diſh your forced loaves, in the middle of your diſh, the Chickens and Pigeons round about the Quails with other ſmall birds, with your Marrow, Artichokes, or what other Ingredients you have in the Summer: to theſe and the like boyled meat, you may uſe Artichokes, Sparragraſs, Collyflowers, Grapes or Gooſberries, *&c.* but in Autumn and Winter, you may uſe Skirretts, Potatoes, Dates, Cheſtnuts; to this Lear you may add gravie and drawn butter, unto your ſtrong broth.

BOOK VIII.

Containing how to make ſeveral ſorts of Puddings.

How to make a Quaking Pudding.

TAke a pint of Cream, and a manchet grated: take three or four ſpoonfuls of the Cream, and mingle it with two ſpoonfuls of Rice flower, beat it into a batter, ſo it doth not clod, put it into the aforeſaid Cream, then beat ſix eggs, mix them all together, and beat them very well with a little Roſe water, Nutmeg, Cloves, Mace, and Cinamon beaten, with a little ſalt; if it be too thick, you may add a little more Cream; then take a thick cloth waſht over with butter; ſpread it over a narrow Baſon, your Pudding being well beaten together; put it in, gather up your Cloth cloſe together, tying it hard with a packthred, giving it ſome liberty to riſe: your liquor boyling

boyling very hard, take up your pudding in your hands, and turning it up and down, ſo that your bread and cream be mingled very well, then put it into your boyling Liquor; let it boyl for three quarters of an hour covered cloſe, keep it conſtantly turning for the firſt quarter, but it muſt boyl fiercely, leſt it ſoak water; when its enough take it up, open it and turn it forth into a diſh; ſtick it all over with blancht Dates, and dried Cittern, all over; perfume a little Roſe-water with musk, with ſome Vinegar, drawn butter, and a good quantity of ſugar; when its very hot, pour it on your pudding, ſcrape hard ſugar on the brims of your diſh, and ſend it up.

Another way.

TAke a light Manchet, ſlice it exceeding thin, put it into a Quart of Cream, then put it over the fire, and let it boyl with a ſtick or two of Cinamon; you may pour into it before it boyles, two ſpoonfuls of flower beat into a batter, and keep it ſtirred, then pour it forth into a baſon, put to it a grated Nutmeg, a little Cinamon and Ginger, ſome Orangado and dryed Cittern, cut very thin; when this is cold, put to it half a dozen eggs beaten, with ſome Roſe-water, and mix them all together; if it be too thick you may add more cream, ſo that it may become a quaking pudding when it is boyled (as the aforeſaid.)

To make a diſh of Puddings of ſeveral Colours.

TO this end you muſt have five or ſix diſhes beſpoke on purpoſe of the Turner with Covers to fit them; you muſt butter over all your diſhes in the Inſide; fill one of them with the Ingredients aforeſaid, put on the Cover, and bind it down with a Cloth prepared for the ſame purpoſe, and packthred: take a quantity more of the ſaid ſtuff, that will fill a diſh, Colour it with

Spinnage:

Spinnage : if you think it will thin it too much, add part of an egg to it, and beat it together : Put on the Cover, and bind it up ſo that no water may run in; then take a handful of Cowſlips, a handful of Violets, a handful of Clove Gillyflowers : mince each of theſe by themſelves, and beat them ſeverally in a Morter : ſo add as much of the aforeſaid ſtuff to each as will fill three ſeveral diſhes, you may thin them as you pleaſe, by mixing more Cream to either of them, ſo bind them up as aforeſaid, and when your pot boyls very fiercely, ſhake your diſhes, that the matter may mingle together, and put them in : When they are boyled, uncover your Diſhes, turn out your puddings into a large diſh : Stick them as before : Elſe with any Rich Suckets : your Leare, is Butter, Vinegar, Roſe water and good ſtore of Sugar; ſcrape on Sugar, and ſend them up : they are an exceeding handſome, and Rich ſervice, fitting for any feaſt : you may make but one or more of the above four ſorts of puddings, as you pleaſe.

To make Marrow Puddings to boyl in Skins.

TAke a pottle of Cream, two rowls of French bread, ſliced very thin, being cut over again the contrary way, you may put it over the fire a ſoaking with a little whole Cinamon, till it begins to boyl, then beat a dozen of eggs together : and when your Cream is almoſt cold, beat them in, put to them the Marrow of five Marrowbones minced, with ſome minced Orangado, and Cittern, beaten Cinamon, Ginger, Cloves and Mace, Roſewater and Sugar, with ſome ſalt : you may thin it with cream, if your Manchet ſwells too much : (for it muſt be but a little thicker than *Pan*-cake batter) then having your hogs guts, the ſmalleſt of the great ones, being well ſcoured and cleanſed, fill up your guts, and tye them up like beads, being about

about the bigneſs and length of an egg (or ſomething longer) you muſt give two Inches ſcope to every one of theſe in the tying, elſe they will break, not having room to riſe: boyl them very ſoftly in a Kettle, for the ſpace of above half an hour, then take them up, and keep them for your uſe, and heat them for ſervice or pleaſure.

To make Black-Puddings to be kept.

TAke a gallon of great Oatmeal, and put to it two gallons of very good ſtrong broth, let it boyl ſoftly over the fire about half an hour, keeping it continually ſtirred, then put it out into a great earthen pan; let it be cold, and put to it about a gallon of hogs blood ſtrained; mix it together with the congealed Oatmeal; if it makes it not thin enough, add to it a quart of milk or more, let it ſteep together all night; then take a good handful of Winterſavory, as much Pennyroyal, a little Hyſſop, and Roſemary, half a handful of Time, a handful of Sives: if not, take Onions or Leeks, and a handful of Sage, mince all theſe exceeding ſmall, and put them into your puddings: ſeaſon it with Pepper beaten ſmall, Cloves, Mace, Ginger, Cinamon, and Nutmegs, with a quantity of Salt; then having about two flecks of Lard cut with your knife twice as big as a dye, put all in together, with about ſixteen Eggs, mingle it all well with your hands: if it be thick and not high coloured with blood, add more to it, your ſmall guts of a hogg being cleanſed and watered for a day before; cut your guts an ell and half long, and blow them up all, to ſee whether they are ſound, then fill a taſte of theſe puddings, and obſerve what ſcope you give to your taſte, that you may know how they ſwell, as alſo to know what they want in their ſeaſoning, ſoftneſs or hardneſs; for they ought not to have ſo much blood in them to congeal them hard; and according to this

Tryal, you may order the reſt; ſo fill up your lengths, and tye them up in ſix links, or but four if you pleaſe; you muſt allow at leaſt three inches ſcope in each link; let your water boyl very ſober, and when they have boyled half an hour, take them forth, and put others in; then afterwards put them in for half an hour again: as you fill your Puddings, you muſt ſupply your Pan ſtill with Hogs ſuet, and order your hand in the filling, that the ingredients may all carry a due proportion; theſe Puddings, with ſome white Puddings made with Beef ſuet, after the manner of the little ones, (but of a ſpan length) will be a very good ſervice for a common diet, eſpecially at night; you may add to your white Puddings a pretty quantity of flower, with your grated bread, but then you muſt put in the fewer eggs, but the more Beef ſuet minced exceeding ſmall.

To make Polony Saſſages to keep all the year.

YOu may take a piece of a Gammon of red Bacon, and half boyl it, mince it very ſmall: if your Gammon be not fat, take half as much bacon lard, mince it likewiſe: mingle them together, and beat them in a Morter: ſeaſon them with Time and Sage minced very ſmall, and good ſtore of Pepper beaten to duſt, with a little Cloves, Mace and Nutmeg, and a pretty quantity of Salt, for they ought ſo to be; add to them the yolks of two eggs, and ſo much Red wine as will bring them up into a ſtiff body; mingle them well with your hands, fill them into middle skins, as big as four of your ordinary Saſſages, ſo hang them in your Chimney for a time, and when you will uſe them, they muſt be cut out very thin round wayes, and put them in your diſh with Oyl and Vinegar, and ſerve them for a Sallet for the ſecond courſe, or for a Collation before you drink.

Another

Another way for Saſſages.

TAke Pork, not as much fat as lean, mince it exceeding ſmall together, then take part of the fleck of Pork in pieces about the bigneſs of the top of your finger, ſeaſon each apart with minced Sage, good ſtore of Pepper and Salt, ſome Cloves and Mace, mix in your ſeaſoning into each of theſe; take your ſmall ſheeps guts and cleanſe them, ſo fill them with your funnel, alwayes putting ſome of the pieces of fleck between the minced; you may ſprinkle a little wine on the top of your Saſſage meat, it will fill the better. I have made rich Saſſages of Capons and Rabbits, and could ſhew a receipt for it; but none ſo ſavoury as thoſe of Pork, by reaſon that Sage and Pepper is not ſo ſuitable to the nature of the other; ſo tye up your Saſſages in links, and keep them for your uſe.

To make a Pudding of Hogs-Liver.

BOyl your Hogs-Liver and grate it; put to it more grated bread then Liver, with as much fine flower as of either; put twelve eggs to the value of a gallon of this mixture, with about two pound of Beef-ſuet minced ſmall, with a pound and half of Currans, half a quarter of a pint of Roſe-water, a good quantity of Cloves and Mace, Nutmeg, Cinamon and Ginger, all beaten, and as much Salt as it requires, with ſome Winter-ſavoury, Penniroyal, Sweet Margerum and Time, all minced very ſmall: mix all theſe with ſweet Milk or Cream; let it be no thicker then Fritter Batter, ſo fill your Hogs guts; you may make one for the Table in the maw, to be eaten hot: in your knitting up the guts, you muſt remember to give them three or four inches ſcope: in your putting them into your boyling water, you muſt handle them round, to bring the meat equal to all parts of the gut: they will ask above an

hours boyling : the boyling muſt be ſober ; if the wind riſe in them, you muſt obſerve to prick them.

To make a baked Marrow Pudding.

SEt a quart of Cream a boyling, with Cinamon, and large Mace : take eight eggs, caſting away the whites of four, beat them well together, with a little more Cream, or Milk : when your Cream boyls, take it off the fire, and ſtir in your eggs, let it not be too hot leſt it curdle, ſeaſon it with Roſe-water, Sugar, and grated Nutmeg : your diſh being ready, with a garniſh of Paſte about the brims, cover the bottom of your diſh with thin ſippets of light bread, lay raw Marrow thereon all over, alſo Dates and Raiſons, with Orangado and other ſuckets: then put in a ladleful or two of your Cream boyled up, and lay on the top of that a laying of ſippets, put alſo a laying of Marrow and ſuckets (as before) on the top of that ; then pour in your Cream again ; if your diſh be deep enough, you may go three ſtories high ; fill it not too full till it comes in the Oven, leſt it ſpill over, it will not ask half an hours baking; you may garniſh it if you pleaſe with Lozenges, or otherwiſe.

To make an Oatmeal Pudding.

TAke two handfuls of great Oatmeal, and beat it exceeding ſmall in a Morter, ſet on three pints of Milk in a skillet, put into it two or three ſticks of Cinamon, and large Mace, ſtir in this Oatmeal into your Milk before it is hot, ſo much as will make it reaſonable thick, fit to be eaten ; boyl it for the ſpace of half an hour, but keep it ſtirring ; put therein a good handful of Beef ſuet ſhred ſmall ; then take it off the fire, and put it in an earthen *Pan*, and let it ſtand until it is almoſt cold ; if it grows thick, thin it with a little more Milk; beat in four eggs, with almoſt a handful of Sugar, a

grated

grated Nutmeg, and ſome Roſe-water; butter the bottom of your diſh, and pour in your Pudding, for it ought to be as thin as batter; bake it ſoftly; it will ask but half an hours time; ſo ſcrape on Sugar, and ſend it up.

To make a Pudding of Rice-flower.

THicken three pints of Milk, with about a handful of Rice flower beaten into a batter, put in Cinamon and large Mace in the boyling; keep it continually ſtirred till it be thick, put into it a piece of butter, let it boyl a quarter of an hour, then put it in an earthen Pan, and let it be cold; add to it two handfuls of Currans, a little Sugar, beaten Cinamon, and a handful of Dates minced, beat half a dozen eggs (caſting forth three whites) beat them together, put butter in the bottom of your diſh, and pour in your Pudding; you muſt add Salt, and all things elſe in this nature, according to your diſcretion; you ought to have a garniſh of Paſte on the brims of your diſh; when it is baked, ſcrape on Sugar, and ſerve it up, adding a little Roſe-water.

To make a haſtie Pudding.

SEt on three pints of Cream, two grated Manchets or French rolles ſliced thin and minced, put to this a grated Nutmeg, a little Cloves, Mace, Cinamon and Ginger beaten; add thereto half a handful of flower, mingle it together, and ſtir it into your milk; when it boyls, throw in a piece of Butter; then having four or five eggs beaten, with the whites of half caſt away, put them alſo into your Pudding, with a handful of Sugar, and a little Roſe-water, ſtir them together again, till they begin to boyl and thicken, then put it out into your diſh you ſerve it up in, ſet it on a heap of coals, put a fire-ſhovel to be red hot in the fire, then hold it

cloſe to your *P*udding until it is brown on the top, ſo ſcrape on Sugar and ſend it up.

To make Andolians.

TAke the great guts of a Hog, let them be clean ſcoured and ſhifted in ſeveral waters, for four and twenty hours together, then take a handful of very good ſweet herbs and Parſlee, with a piece of Beef-ſuet, mince it together very ſmall, and put to it a good quantity of Cloves, Mace, Ginger, a little *P*epper, Salt and beaten Nutmeg; add to it a handful of grated bread, mingle it all together; then cleanſe and ſtroke your guts from the water and ſlime, through a cloth very clean, and ſeaſon the fat ſide of them with your aforeſaid ingredients; ſo pull one length over another, your leaſt underneath, and your greateſt on the outſide; you may put five or ſix lengths over one another; but for the more ſure way; for after-ſervice, you ought to waſh every length over with eggs, and then ſeaſon it, before you pull over the other length; when you have done all, bind them up at both ends, and boyl them ſoftly until they are enough, then ſowce them: When you uſe them, you may cut them in ſlices, and fry them, ſo ſerve them up with Muſtard; but if you think they will be better, you may dip them in the yolks of eggs, and ſo fry them.

BOOK IX.

Contains Haſh, Stewed, Broyled and Carbonadoed meats.

To farce a Fillet of Beef.

CUt your Fillet of *Beef* into three great Collops, throughout from ſide to ſide, beat them very well with a Rouler, or back ſide of a Cleaver, ſo that you have made them flat and thin, then mince a great handful of *Parſlee*, with Time and other ſweet herbs; having your meat ſeaſoned as it lyeth, with *Pepper*, Salt, Cloves, Mace, and Nutmeg, and being waſhed over with the yolks of eggs as you joyn them together again, throw on a handful of ſweet herbs, and a handful or two of Beef ſuet purely minced; then joyn on the other Fillet with the waſhed ſide downward to the herbs; ſo do with the third, having the herbs and Beef-ſuet between; beat them cloſe together with the flat ſide of the Cleaver, ſo put it into a great Pan, and put a pint of Claret and a pint of ſtrong Broth, with half a dozen of Onions and whole Pepper to it, but it is better to wrap it up in two Veal Caules, being waſhed over with the yolks of eggs, ſo cover it with a ſheet of courſe Paſte, and let it ſtew up in an hot Oven for about five hours; you muſt note, that this I call a Fillet, is but three great Collops of one ſide the Fillet, containing the bigneſs of a Fillet of Veal; when it is baked, you muſt diſh it up in good ſtore of ſippets, and pour in the *Broth* it was baked with; then having a red Cabbage boyled, hacked and toſt up in drawn Butter, garniſh it upon, and the ſides of the meat, in the inſide the diſh.

To ſtew a breaſt of Mutton.

TAke a breaſt of Mutton, and joynt it well, and farce it with ſome ſweet herbs, and minced Parſlee; then put it in a deep Stewing-diſh with the right ſide downwards; put to it ſo much White-wine and ſtrong *Broth* as will ſtew it: ſet it on a great heap of coals, put in two or three Onions, a faggot of ſweet herbs, and a little large Mace; when it is almoſt ſtewed, take a handful of Spinnage, Parſlee and Endive, and put into it; at the laſt you may put ſome Goosberries or Grapes: in the Winter time you may ſtew it with Sampier and Capers: it will not be amiſs to add theſe to them at any time: diſh up your breaſt of Mutton, and put by that liquor you do not uſe, and thicken the other with yolks of eggs and drawn Butter, ſo pour on the Lear, and the herbs over the meat, and garniſh the diſh with Lemmon or Barberries.

To farce a Fillet of Veal.

CUt two Fillets out of a large leg, take a handful of ſweet herbs and Parſlee minced, with a handful of Beef ſuet minced, and ſome yolks of hard eggs: ſeaſon this with two grated Nutmegs, and a little Salt, and ſo farce your Fillets of Veal: being well larded with *Bacon*, and drawn with Time, let them be roaſted almoſt enough: then in the mean time take the reſt of your farced meat, being about a handful, put half a handful of Currans to it, and a little ſtrong *Broth*, Vinegar, and a little Claret, with ſome large Mace, and a little Sugar: your meat being almoſt roaſted, draw it off, and let it ſtew in this: when it is enough, add a ladleful of drawn butter, ſo diſh up your meat, and pour your ſauce all over it.

To ſtew Veniſon.

THey which have much Veniſon, and make many cold baked meats, may ſtew a diſh in haſte after this manner; when it is ſliced out of your Pye, Pot, or Paſty, put it in a ſtewing-diſh, and ſet it on a heap of coals, with a little Claret-wine, a ſprig or two of Roſemary, half a dozen Cloves, a little grated bread, Sugar and Vinegar; ſo let it ſtew together a while, then grate on a Nutmeg, and diſh it up.

How to ſtew Calves feet.

YOur Calves-feet being boyled and blanched, ſplit them in the middle, take from them the great bones, put them into a ſtewing-diſh with a little ſtrong Broth, two or three Onions, a faggot of ſweet herbs, with a little large Mace and Salt; when they boyl, put to them a handful of Parſlee, Spinnage and ſweet herbs minced, with a handful of Currans; when they are enough, beat the yolks of two or three eggs, with four or five ſpoonfuls of Vinegar and a little Sugar; ſo thicken your Lear with that, and a little drawn butter; diſh up your Calves feet on ſippets, and pour on your Broth.

To haſh a ſhoulder or leg of Mutton.

YOur ſhoulder or leg being almoſt roaſted, you muſt haſh them in as thin ſlices as you can, into a deep diſh; put into it a ladleful of ſtrong Broth, three or four whole Onions, a faggot of ſweet herbs, a little large Mace and Salt, put it on a good heap of coals; when it is boyled up to an heighth, put into it two or three Anchovies, half a handful of Capers, a little Sampier minced, two yolks of eggs beaten with a little White-wine, toſs it up together, ſo diſh it up, and garniſh it with Lemmon.

How to make a raw Haſh of a more excellent way, new invented.

TAke a couple of legs of Lamb, or a leg of young Mutton; haſh it exceeding thin with your knife; then having half a handful of ſweet herbs minced, conſiſting moſt of Time, put into your meat, with a little Cloves, Mace, Nutmeg and Salt, with the yolks of five eggs; work up all theſe together between your hands; your Pan being on with a good quantity of Clarified butter, put it in all over the Pan, ſo keep it ſtirring and toſſing, until it be almoſt eatable, then put out your butter out of your Pan you fryed it in; put in a ladleful of ſtrong Broth, a little White-wine, four Anchovies, two or three whole Onions, a faggot of ſweet herbs, ſo let them ſtew up all together; put in towards the laſt a pint of Oyſters, then take the yolks of two or three eggs, and beat them in ſtrong *B*roth, or White-wine, and throw them into your Pan, keeping it ſtill toſſing and ſtirring; you may add half a pint of gravie if you have it, your diſh being garniſhed with ſippets, pour in your Haſh, and put Saſſages round about, ſo garniſh it with Lemmon, and ſtrow on the yolks of minced eggs; if it be well done, it will look white with a ſmeered froth on it.

To Haſh a Calves head.

TAke your Calves head and cleave it in two, and waſh it out in certain waters, that it may boyl white; then put it a boyling and ſcum it; when it is almoſt boyled, take it up, and let it cool; Haſh it in ſlices as thin as you can, then put it into your Stew-pan, with a ladleful or two of ſtrong *B*roth, and as much White wine, three or four Onions whole, and a little Time minced, with two or three Anchovies, a little Salt, with a little Oyſter liquor, if you have it; put

all theſe a ſtewing together, when they are enough, toſs it up with the yolks of two eggs, and a little drawn butter; you may have a Pipkin with about half a pint of Oyſters ſtewed up in a little gravie, with as many Muſhroms, being thickened with a little drawn *B*utter, and ſeaſoned with Nutmeg; take off your Pipkins, lay the bones of your Calves head in the bottom of your diſh with ſippets, then pour out your Haſh with your Lear into the diſh, and ſpread it abroad, and put your Oyſters and Muſhroms, and that Lear all over your Calves head; then having your thin ſliced Bacon, before boyled, and part thereof fryed in eggs, lay it round on the diſhes ſide; the one fryed, and the other boyled; you may add Saſſages alſo about it, ſo garniſh it with Lemmon; only grate a Nutmeg, ſtrow it on the top, and let it go up ſmoaking.

To Haſh Hens or Pullets with eggs.

YOur Hens or Pullets being roaſted before, cut them up, as you would carve them for the Table; then haſh off all the meat very thin and clean from the bones, only leave ſome upon the thigh bones and pinions; put them into your ſtewing diſh with ſtrong Broth, with two or three Onions; ſo let them ſtew up, with a faggot of ſweet herbs, and a grated Nutmeg; when they are almoſt enough, mince half a dozen hard eggs, and put to it; ſo being ſeaſoned with Salt, add a little drawn Butter and Claret-wine to it, and toſs it up together in your diſh; let the Lear be thick; if not, add the yolk of a raw egg or two; take out all your bones, and place them on the ſide of your diſh to the brim-wards, upon your ſippets; then put your meat all over the diſh, ſcruiſe a Lemmon with ſome drawn Butter, and pour on the top of it; ſtrow on yolks of eggs minced, and garniſh them with Lemmon.

To make a Haſh of Capons.

HAſh your Capons in the ſame manner as your Hens before, put into them a little Claret-wine and ſtrong Broth, two Onions, two Anchovies, a faggot of ſweet herbs, let it boyl all together; put to it a little gravie, if you have it, and ſome Oyſter liquor; toſs it together with a little drawn butter, ſo diſh it up, and ſtrow over the meat a Lemmon cut in Dice, and ſend it up: you may ſtew up Saſſages with them, and put them round your diſh, if you pleaſe.

To Haſh Partridges.

YOur Partridges being roaſted, take all the fleſh off the bones, and haſh it very thin; only preſerve the legs and wings of two or three Partridges; then put a little Claret-wine into your Pan, with a little ſtrong broth and gravie; put to it an Onion or two, a Nutmeg grated, with an Anchovie, and a few crums of bread; when this boyls in your Pan, put in your wings and legs, with the bones of your Partridges, with all your Haſh on the top of them: ſo cover your Stew-pan, and let it boyl up, and when it is enough, put in a ladleful of drawn butter, and toſs it up together; diſh up the bones in the bottom of your diſh on ſippets; lay your legs and wings round about, and and your Haſh on the bones in the middle, ſo pour on your Lear, with a little drawn butter, and garniſh it with Lemmon.

To Haſh Ducks, or other water-fowl.

HAſh your Ducks, as you have heard before in the Partridge; put ſtrong Broth, with a little Vinegar, and ſet them on the coals in the ſtewing-diſh; put to them four Onions minced exceeding ſmall, a little ſmall Pepper, let all this boyl up together with a little Salt;

Salt; alſo put in a pound of Saſſages into the boyling with your Haſh-Ducks; when they are enough, toſs them up thick with a little drawn butter; ſo diſh them to your beſt advantage.

To Haſh a Rabbet.

YOu muſt take the fleſh from the bones of your Rabbet, being before roaſted, and mince it ſmall with your mincing knife; ſo put to it a little ſtrong Broth and Vinegar, an Onion or two, with a grated Nutmeg, and let it ſtew up together; then mince a handful of boyled Parſlee green, with a Lemmon cut like Dice, and a few Barberries, put it into your Haſh, and toſs it all together, and when it is enough, put a ladlefull of drawn Butter thereto, and diſh it upon the bones; ſo garniſh it with Lemmon.

Carbonadoes and Broyled meats.

To Carbonado a Gooſe.

YOur Gooſe being roaſted, and carved, ſcorch it with your knife long wayes, and croſs it over again (ſo that it may be like Checquer work) both within and without, then waſh it over with Butter, ſtrow it with ſalt, put it into a diſh, with the skinny ſide downwards, ſo ſet it before your fire, in your dripping Pan, that it may take a gentle heat; when it hath ſtood a while, turn the other ſide; then lay it on your gridiron, and put it on a moderate fire of Charcoals; when it is done, take it off the fire, and baſt the upper ſide with butter, and dreadge it over with flower and grated bread, then turn it and froth it on the fire and diſh it up in order; your ſawce muſt be Butter, and vinegar, Muſtard and Sugar, being mingled together: put it into your diſh, ſo lay on a little drawn Butter, and garniſh it with Lemmon: you may lay on Saſſages round your diſh if you pleaſe.

To Carbonado Turkies.

YOu muſt obſerve the ſame order as you did in the Gooſe, your ſawce muſt be a little gravy and ſtrong broth, boyled up with an Onion, and a little grated bread, with ſliced Nutmeg, an Anchovie, and a ladle of drawn butter; add a little ſalt, diſh up your Turky, and put your ſawce all over it, ſtrow it over with Barberries, and garniſh it with Lemmon.

To Carbonado Henns.

LET your ſawce be a little Whitewine and Gravy, half a dozen of the yolks of hard eggs minced, boyled up with an Onion, add to it a grated Nutmeg; thicken it up with the yolks of an egg or two, with a ladle of draw butter; diſh up your Henns, and pour over your ſawce, ſtrow on yolks of eggs minced, and garniſh it with Lemmon.

To Carbonado Veal.

TAke a breaſt of Veal, lard it very thick with bacon, and when it is boyled, Carbonado it long, and croſs-wayes; waſh it over with a little butter, and the yolk of an egg, ſtrow it over with ſalt; put it on your Gridiron with the right ſide downward, until it be of a yellowiſh brown, diſh it up, garniſh it with a little fryed bacon; let your Lear be a little ſtrong broth, boyled up with ſome minced Time, and ſome Nutmeg grated, a little Vinegar, and a ladle of drawn butter, pour it over your meat; ſo ſcruiſe in an Orange, or two, and garniſh it with Oranges cut in quarters.

To Carbonado Mutton.

BOyl a ſhoulder or breaſt of Mutton, then ſcorch them over as aforeſaid, and ſtrow on minced Time, Salt,

Salt, and a little Nutmeg; when they are broyled, diſh them up; let your ſawce be Claret wine boyled up, with two Onions, a little Sampier, and Capers minced, with drawn butter and gravy, pour this all over your meat, and garniſh it with Lemmon.

A diſh of Collops of Mutton, Broyld.

CUt off a piece of your leg of Mutton cloſe to the bone, cut it into Collops very thin, hack them as broad as you can, with the back of a great knife, and lay them in a broad diſh, then having a little Time ſmall minced, and a Nutmeg grated, mingled with a little ſalt, ſtrow the one half on the upper ſide of your Collops, your Gridiron being clean rubbed with the skin of Bacon, put on your Collops with the ſeaſoned ſide downwards, then caſt the reſt of your ſeaſoning on the other ſide, and let them broyl on a moderate fire; when the one ſide is enough, turn them, they muſt not be brown; ſo let your diſh be on the coals with a little gravy, diſh them up in a heap, pour on a little butter, and gravy hot, cover them with a diſh, and ſend them hot to the table, being garniſh'd with ſliced Lemmon.

Steakes of Pork Broyled.

TAke a Loyn of Pork, cut off the skin, and about an inch or more of the fat: (if the Loyn be ſo fat) then cut off your ſteakes with your Cleaver very thin, and beat them with the flat thereof as broad and as thin as you can; Lay them on a diſh, ſtrow them over with a little ſalt, and Sage minced very ſmall; ſo lay them on your Gridiron, and ſeaſon the other ſide; let your ſawce be drawn *Butter*, Vinegar and Muſtard with a little Sugar, when they are ready, diſh them up, and put the ſawce to them.

To Carbonado a Calves head.

WHen it is boyled according to the uſual manner, Carbonado it, and ſtrow on ſalt; ſo waſh it over with the yolk of an egg, and drawn butter, rub the bars of your Gridiron with the skin of fat Bacon, and let it broyl gently, to a yellowiſh brown; diſh it up with your tongue about it; your Lear may be a pint of Oyſters ſtewed up in gravy and wine, with a ladle of drawn butter put to it: ſo pour it all over your Calves head, and put your ſliced Bacon round about; Garniſh it with Lemmon.

To Broyl a Chine of Pork.

WHen your Pork is boyled, waſh it over with a little butter, and broyl it: then take your Raw Turnips cut to pieces in the length and bigneſs of your thumb, being boyled in a little ſtrong broth and milk, toſt up with ſome drawn butter and vinegar: your Pork being diſh'd, pour this all over it: Garniſh your diſh with Barberries, ſtrowing ſome over the meat, and ſend it up.

There are many Gentry who delight in Carbonadoes, and broyled meats: for indeed it is a very good, ſavory, and wholeſome meat: therefore I do acquaint the Student in Cookery, that he may make uſe of this way for any other meats or Joynts, which I have here omitted, provided the ſawce be natural to the meat: Butter and Vinegar being the good old ſawce for moſt broyled meats: As for Example,

*B*oyl a Briſket of Beef, take off the skin, and Carbonado it, then broyl it: diſh it and ſerve it up, with Cabbadge or Turnips: your Lear is butter and Vinegar: In the ſame manner you may do the gooſe or skin that you took off.

BOOK X.

Containing Frigaſies and Frying.

How to fry all manner of Garniſhing.

YOu muſt beat the yolks of eggs, put in the beating a little flower, and Sack, make them into a batter, add to the batter ſome grated Nutmeg; if you make much, you may put in four whites amongſt eight eggs: let it be thick.

How to fry Oyſters in Batter.

LEt your *P*an be hot with your Clarified Butter or tryed Suet, and your Oyſters being ſet and dryed, dip your Oyſters in the aforeſaid *B*atter, and put them into your pan; do not over charge your pan; if you do, it will Riſe up in a froth, and ſpoil that which you fry; hold your pan on a hot fire with your Oyſters, and when they are come to a lovely brown, take them out with your Scummer; thus you may fry ſliced Lobſters, Pranes, or Periwinkles, the tayls of Crafiſh, to ſerve for the garniſhing of your fiſh; you may fry Roſemary dipt ſlightly in *B*atter: your Pan muſt be very hot to fry Bay-leaves, Fennel, or Parſlee; your ſcummer muſt alwayes be in your hand; for as ſoon as they become green and criſp, they will turn black if you take them not forth; theſe things you muſt not dip in batter: you may fry Skirrets, ſliced Potatoes, and bacon in thin ſlices in the ſaid batter; If you would fry green, then you muſt ſcald ſome Spinnage in boyling water, and mince it with your knife exceeding ſmall; you may ſtrain in a little of the juice of it, but then

you muſt add more flower; beat this in with the yolks of eggs, and fry your green away (with your pan ſeaſoned) as your other before; To know if your pan be hot, if it leave hiſhing, and begin to ſmoak, then it is hot: take it off, elſe it will burn and ſpoil all: If you would fry any other thing in batter, you muſt fry it after the manner afore preſcribed: thus much for a garniſh.

A Frigacy of a Henn or Capon.

THey being either roaſt or boyled before, almoſt enough, and carved up, the Pinnions being cut off from the wings, and the brawn of the Capon cut off from the joynt, and being ſo ordered that it may lye handſome in the pan: put to them (as they are in the diſh) the yolks of four eggs, with a little minced Time and ſliced Nutmeg: then mingle them up together between your hands: your pan being on the fire, with clarified butter (or ſweet ſuet) half hot, put them in, and let them fry until they be yellowiſh, then turn them: ſo take a little White wine, and beat it with three or four yolks of eggs: add to it a little ſtrong broth and gravy, an Onion or two cut in quarters, two Anchovies minced with a grated Nutmeg, then pour out all your ſtuff from your Capon or Hen, and put to it a ladleful of drawn butter: ſo put this Lear into your pan, and keep it continually ſhaking over a ſober fire, until it turns thick, or is ready to boyl, then diſh up your Capon or Hen in order; if your Lear in your pan be too thick, you may thin it with Gravy, Wine, or ſtrong broth: ſo pour over your Lear: ſtrow it with the yolks of eggs minced, and garniſh it with Lemmon.

To make a Frigacy of Chicken brown.

TAke about four Chickens, ſcald them, and cut them in quarters: beat them flat with your Cleaver, and break their bones, dry them with a cloth very well, and flower them all over the skinny ſides; your pan being hot with clarified butter, put them in with the skinny ſide downwards, fry them brown, then turn them: let your Lear be a little Claret wine and gravy: then put your liquor out of your pan, and put in your lear, with pieces of Saſſages wrung off as long as your thumb, and a pint of Oyſters, two or three onions, with a faggot of ſweet herbs, a grated Nutmeg, and two or three Anchovies, let them boyl up in the pan; then beat the yolks of four eggs with a little ſtrong broth, take the pan off the fire, and put them in: if it turns too thick, you may thin it with Wine, Gravy, or ſtrong *Broth*: keep it ſhaking whileſt its on the fire, then diſh up your Chickens on Sippets, and pour on your Lear, and Oyſters, with your pieces of Saſſages by the ſides of your diſh, and garniſh it with Lemmon.

Another way for Chickens or Rabbets.

TAke your Chickens or Rabbets, and let them be almoſt half boyled, cut them in halves or quarters: put them into your pan with a little freſh butter, (heat not your pan at all for them) then lay your pan on the fire, and let them fry ſoberly: Let your Lear be ready, the yolks of three or four eggs beaten, with about half a pint of Verjuice, a little White wine, and ſtrong broth, a Nutmeg grated, and a handful of parſlee, boyled up green and minced, with about a ſpoonful of Sugar, adding one handful of ſcalded Goosberries, Grapes, or ſliced Artichoke bottoms; put all theſe in the pan to your Chickens, being kept ſhakeing over the fire, until

it be ready to boyl, then diſh your Chickens, or Rabbets on Sippets, ſhake your Lear, and let it be as thick as drawn butter, ſo pour it all over your Chickens, ſtrow on a Lemmon cut like dice, and garniſh it with boyled Parſlee and Barberries.

To ſmear Collops of Veal.

TAke a piece of your Fillet of Veal, and cut it into thin Collops, and hack it with the back of your knife, and lard them with Bacon very thick, then put them into your pan, it being pretty hot, and fry them with clarified butter very brown on both ſides; And let them be ſo haſtily done, that they may not be fryed quite through; then having half a pint of *Claret* wine, and half a pint of Gravy, put it in your pan (with four Anchovies, three or four Onions, a little minced Time, and grated Nutmeg) amongſt your burnt *Butter*; when it is boyled up, thicken it with the yolk of an egg, ſo diſh up your Collops, and pour on your Lear on the top: if your *Pan* be little, you may fry them at twice, and let them boyl up after the ſame manner, in your ſtewing diſh, Garniſh them with Lemmon.

To fry a diſh of Lamb-ſtones and ſweet breads.

BLanch your Lamb ſtones, taking off the outward skin, and ſplit them through, alſo ſlice your Veal ſweat breads, let your Lambs be whole, ſo let your pan be very hot, and your Lamb ſtones and Sweet breads flowred exceeding well; you may fry them up into a pure brown, if you do not overcharge your pan; let your ſawce be gravy, butter and vinegar, diſh them up, and ſtrow over them parſlee fryed criſp.

How to make a Frigacy of Lamb.

TAke a leg of Lamb, and cut it into Collops, and beat it with the back of the knife; put it into a diſh with the yolk of four eggs, a handful of Parſlee, Time, Sweet Margerum and Spinnage minced very ſmall, put to it a little beaten Cloves, Mace, Nutmeg, and a little Salt, mix them all together, your Frying pan being over the Fire with clarified *B*utter almoſt hot; put them in, and fry them ſoftly, let them not be brown, but rather green; when they are almoſt fryed, put to them a little White wine and ſtrong broth, three Onions in halves, and a ladle of drawn Butter: let it boyl up in the pan, then beat the yolks of two eggs, with a little Vinegar, a little Nutmeg, and a little gravy; diſh up your Lamb on Sippets, and pour on the Lear, and garniſh it with Lemmon ſliced.

A Frigacy of Veal.

YOur Veal being cut from the fillet, very thin, but not very large, do by it as before by your Lamb, add yolks of eggs, and green minced herbs, until your Veal looks green; fry it up as before, and put it into a ſtewing diſh, with a little White wine, and ſtrong broth; then cut ſome thin ſlices of Bacon, and throw into the diſh amongſt the ſweet herbs, where the Veal was before; ſeaſon it with a little *P*epper, and minced ſage, throw in the yolk or two of an egg: your pan being hot, fry it a little on both ſides, ſo put it into the Lear with the Veal, and alſo that in the pan it was fryed withall, ſo let it boyl up together, and beat the yolks of two eggs, with a little Vinegar; put it into your meat, and toſs it up together, with a ladle of drawn butter, and two Nutmegs grated; diſh up your Veal with your Bacon about it, and pour over your Lear.

A diſh of Collops of Mutton with a ſavoury hogo.

CUt your Collops of your Mutton through your Loyn, and beat them with the flat of your Cleaver; ſprinkle them with Salt, and put them in your *Pan*, with ſome butter to them, fry them pretty brown on each ſide, then put them out into your ſtewing diſh, with ſome Claret wine and ſtrong broth; ſet them on the coals to boyl, then mince two or three Onions; (as many as your hand will contain when they are minced,) put your pan on the fire with a piece of ſweet butter, let it continue until it burn, then throw in your Onions, when they are criſp, put them to your ſteaks with the burnt butter, with two or three Anchovies minced, a handful of Capers, and Sampier minced, with a couple of ſliced Nutmegs; let it all boyl up together, take the yolks of one or two eggs beaten in, when they are enough; if you have gravie, make uſe of it alſo, diſh up your ſteaks, and pour on your Lear.

To fry Coller'd Pork.

YOu may ſee how to Coller it, as before; all that you have to do, is to ſlice the Coller, and your Pan being very hot, fry it with clarified ſtuff: you may eat it with Muſtard as you do Sowſe; this may ſerve when you have occaſion to add a diſh to your common dyet.

Another way.

BReak the yolks of eggs, and beat them with a little Nutmeg; then dip in your Collers, and your Pan being hot as for eggs, put them in, and fry them away; you may diſh them about a forced leg of Lamb, or fillet of Veal, or any other diſh of that nature; you may alſo fry your Coller'd Veal up with eggs, as you did your *Pork*, ſo diſh it up, with a ſlice of one, and a

ſlice

ſlice of the other, and put to it a little Gravie, Butter and Vinegar boyled up to a heighth, and garniſh it with Lemmon.

A Frigacy of Partridge or Woodcocks.

THey muſt be firſt almoſt roaſt, and then carved as at the Table, and fryed with ſweet Butter, and an Onion minced exceeding ſmall, put to them half a pint of Gravie, and two or three Anchovies, half a handful of grated bread, a grated Nutmeg, a little drawn butter, and the yolk of one egg, beaten with a little Claret wine; ſo toſs them all together, when they boyl well, and come to a thickneſs, ſo diſh them up, and garniſh them with Lemmon.

A Frigacy of Ducks or Widgeons.

YOu muſt cut them out raw in quarters, and beat them with the flat of your Cleaver; then dry them well, and put them into your pan with ſome Butter, and fry them well; when they are pretty well fryed, put into them one handful of minced Onions, and a little while after, put in ſome Claret-wine and eight ſlices of Bacon, having been boyled before, you may add a handful of Spinnage and Parſlee boyled up green, and minced ſmall; when it is ſtewed up in your Frying-pan, beat in a couple of yolks of eggs, with a grated Nutmeg, and a little Pepper; ſo toſs it up with a ladleful of drawn Butter, and diſh it up; pour on your Lear over it, and your Bacon on the top of your Ducks.

A fryed meat of Bacon.

FIll your pan very full of ſlices of Bacon, very thin, then take of Time, Winter ſavoury, ſweet Margerum, and Pennyroyal, all minced; ſtrow a little of this over all your Bacon in the pan, with a grated Nutmeg;

then beat fourteen eggs together, and when your pan is hot with your Bacon in it, and begins to fry, take a ladleful of eggs, and pour it round by the Bacon, all along by the pans ſide; then pour it croſs wayes from ſide to ſide, both wayes, then fill up all the vacant places, ſo that you hide all the Bacon; let it fry very ſoberly, then butter a plate, and put it into your pan, ſo turn it thereon; put more butter in your pan, and ſhift it into the pan, off your plate, ſo pour on ſome eggs on that ſide of the Bacon, but do it very lightly; and when the underſide is fryed, you may turn it on your plate again, and fry the upper ſide; then take it up, and diſh it on a diſhing-plate, and ſcruiſe on Lemmons; garniſh it with quartered Lemmons.

To make a fryed meat; called an Amlett.

BEat in according to your pan, ſixteen eggs, (more or leſs) with a grated Nutmeg, and a Lemmon cut in the likeneſs and quantity of Dice, beat them together well, put butter in your pan, ſet it over the fire, let it be indifferent hot (but not to burn) then put in your eggs, keep them ſtirring that they grow not to the pan, put in butter by the ſides, to make them ſhift up and down, and when they begin to harden and congeal, ſhake them round; by conſtant putting in of butter, they will move round; then turn them on your plate, put butter into your pan, and turn the other ſide downward; fry it of a pure yellow brown, ſo take it out of the pan on your plate, and diſh it up, ſcruiſe on a Lemmon or two, garniſh it about with Oranges, and ſcrape on Sugar.

Another way.

TAke twelve eggs, whites and yolks, and about a pint of Cream, with two handfuls of grated Manchet, beat theſe together, with a little Roſe-water and Sugar,

Sugar, grated Nutmeg, and ſome Cinamon, put a little melted butter into a skillet, ſet it on the fire, and pour your eggs and cream into it; keep it ſtirring until it grows thick into a body, and clears it ſelf from the bottom of the skillet; your pan being hot with butter in it, put it out of the skillet into your pan, and flat it with your ſlice about your pan, fry it brown, and turn it with a plate, put more butter in your pan, and ſhift in the other ſide; when it is enough, take it out upon your plate, and diſh it up; ſcruiſe on it a Lemmon or two, and garniſh it with Oranges.

To fry Primroſe-leaves in March *with eggs.*

TAke a handful or two of Primroſe leaves, mince them very ſmall, beat them into a dozen eggs; your pan being very hot, cool it a little, and put in a piece of butter, ſo put in your eggs, fry them very ſoberly; when it is enough on that ſide, turn it, and lay it in again on the other ſide; when it is enough, ſcrape on Sugar, ſcruiſe on the juice of a Lemmon or two.

To fry Clary.

GAther the youngeſt Clary and ſtring it, then beat ſome yolks of eggs, a grated Nutmeg or two; (in the number of eight eggs, you may put in two whites) put on your pan with ſome butter on the fire, that it may be hot enough for eggs, then dip your Clary into your yolks of eggs, and put it into your pan; fry it of a lovely brown on both ſides; diſh it up, and ſtrow on Sugar, adding a little Butter, Vinegar and Sugar to it; it is good for break-faſt, or ſecond courſe diſh.

To fry Apples.

YOu muſt firſt half coddle your Apples, then cut them in ſlices, and having a dozen eggs beaten toge-

together, and your pan hot with ſweet butter, put ſo many eggs in as will run round your pan, and will make it no thicker then a Pancake; when it begins to harden and turn round, cover it all over with the ſlices of your Apples, and ſprinkle over them good ſtore of Cinamon, Ginger and Sugar; then pour on eggs all over your Apples, (as much as you put under them before) take them off the fire, and with a red hot fire-ſhovel harden them on the top; butter your plate and turn them, ſo fry them on the other ſide; then diſh them up, and ſcrape on Sugar.

How to make an Orangado Phraiſe.

MInce your Orangado very ſmall, with ſome Cittern amongſt it, then beat them in a Morter to maſh, put to them twelve eggs, caſting away the whites of four, add to that a little Roſe-water, with two Naple Biskets grated, let your pan be hot with a little ſweet butter, this being mixed together, put it into your pan; when it is fryed, ſo that it turns round, take a red hot fire-ſhovel, and congeal it on the top, then turn it on a plate, and put it into your pan again with ſome butter, and when it is fryed tenderly, diſh it up; ſcrape on Sugar, and garniſh it with Orangado and Cittern.

A Tanzie of Cowſlips or Violets.

BEat your Cowſlips or Violets in a Morter, put into them a pint of Cream, a handful of grated bread, a dozen of eggs, caſting away four whites, ſome beaten Cinamon and Nutmeg, half a handful of Sugar, with a little Roſe-water, put a piece of Butter into a skillet over a fire, and ſtir them until they come into a body; then put a little butter into your pan, being hot, and proportion it in your pan, and fry it; when it is fryed on that ſide, turn it on your plate, being waſhed with butter,

butter, ſo turn the other ſide into your pan, and when it is fryed, diſh it up, ſcruiſe on the juice of Lemmon, and garniſh it with quartered Oranges, and ſcrape on Sugar.

A Tanzie of Spinnage.

TAke a pint of Cream, a handful of grated bread, fourteen eggs, caſt away the whites of ſix, ſeaſon it with a grated Nutmeg, and Sugar, and green it with the juice of Spinnage; ſo bring it into a body, in a skillet, and fry it, as before you did the other; this will be a very tender Tanzie; but if you intend to cut it according to the vulgar way, you muſt add the other whites of eggs, elſe deminiſh in your Cream; diſh it up, ſcruiſe on the juice of a Lemmon, and garniſh it with quartered Oranges, then ſcrape on Sugar. After this way and manner aforeſaid, have I made Tanzies of Wallnut-tree buds in Lent, and of *P*ine-apples and Piſtaches, at other ſeaſons.

To fry Artichokes, or Spaniſh Potatoes.

WHen they are boyled and ſliced, fitting for that purpoſe, you muſt have your yolks of eggs beaten with a grated Nutmeg or two; when your pan is hot, you muſt dip them into the yolks of eggs, and charge your pan; when they are fryed on both ſides, your Lear to your Artichokes is drawn *B*utter, and to your *P*otatoes, Butter, Vinegar, Sugar and Roſe-water; theſe for a need may ſerve for ſecond courſe diſhes.

To make Fritters.

TAke a pottle of flower that hath been dryed in an Oven, put to it ſix eggs, and the curd of a pottle of Milk, made with Sack and Ale, ſcruiſe all the Whey out of it, ſeaſon it with Cinamon, Cloves, Mace, Nut-

meg,

meg, and Ginger beaten, with a little Salt; then make it into a batter with milk, and put therein a dozen of Pippens ſliced thin, beat it all well together, let it be ſo thick with the Apples and the Batter, that it may not run apart if it be put upon a pye-plate; then let your tryed lard be hot in the pan, continuing over the fire; put a ladleful of batter upon a pye-plate, and put it off into your boyling lard upon the point of a knife, to the value of a ſmall Wallnut at a time; you muſt be very quick to ſcrape it from your plate into your pan, till it is fully charged; keep them ſtirring about until they are brown and criſp, then take them forth, and diſh them up into a hot diſh, and ſtrow them with Cinamon and Sugar; you may alſo ſlice the Pippin through the Apple, to the tail-ward, being cored, and dip them into a thick batter, and ſo put them into your liquor as before.

To make Pancakes.

PUt to a pottle of flower eight eggs, caſting by four whites, ſeaſon it with Cinamon, Nutmeg, Ginger, Cloves, Mace, and Salt, then make it up into a ſtrong Batter with Milk; beat it well together, and put in half a pint of Sack, make it ſo thin, that it may run in your pan as you pleaſe; put your pan on the fire, with a little butter or ſuet; when it is very hot, take a cloth and wipe it out, ſo make your pan very clean, then put in more butter, and hold on your pan till it is melted, put in your batter, and run it very thin, ſupply it with little bits of butter, ſo toſs it often, and bake it criſp and brown.

Another way to dreſs a diſh of Collops of Veal.

CUt a piece of a leg of Veal into thin Collops, with part of the dugg, beat it thin with the back of a knife, and lard it very well, then mince very ſmall a good

good handful of Spinnage, a handful of *Parſlee*, a little Time, ſweet Margerum, and Winterſavoury, ſeaſon them with a little Pepper, Cloves, Mace, Nutmeg and Salt, then beat about eight yolks of eggs, and dip your Collops therein, ſo roul them in your green herbs, that they may ſtick to them, and put them into your pan with clarified Butter (being hot, as for eggs) when they are fryed on both ſides with a fine green colour, put to them ſome ſtrong Broth, a little whitewine, two or three ſpoonfuls of Vinegar, two or three Onions, a bunch of ſweet herbs, with a grated Nutmeg, and let it ſtew altogether, then add the yolks of two eggs beaten with ſome of their own liquor, and a ladleful of drawn Butter, ſo ſhake it altogether, diſh up your Collops, and pour on your lear; garniſh it over with Bacon fryed in the yolks of eggs.

To fry Calves Feet, or Sheeps Trotters.

WHen they are boyled very tender, and ſplit in the middle, cutting away the bunchy hair between the toes of your Trotters, ſeaſon them with a little ſmall Pepper, Salt, Cloves, Mace, Nutmeg beaten; then take about the yolks of ten eggs, with the whites of three or four put to them, a handful of Parſlee, Spinnage, Time, ſweet Margerum, and Winterſavoury, minced exceeding ſmall, beat them together in batter; your pan being hot with clarified butter, dip your feet into this batter, and put them in, fry them ſoberly on both ſides, then put to them a little ſtrong Broth, Vinegar and Sugar, ſo let them ſtew together, beating them up thick with the yolk of an egg, and drawn Butter, diſh them on ſippets, and ſcruiſe a Lemmon over them.

How

How to Frigacy Neats Tongues and Udders.

WHen they are boyled enough, take your Tongue and Udder, and cut them in ſlices or Collops, beginning at the butt end, until you come within five inches of the tip, and cut that in ſippets length wayes, both of your Udder and Tongue, then take a handful of Spinnage, Parſlee, Time, ſweet Margerum and Winterſavoury minced exceeding ſmall, and put it into your diſh with the Udder and Tongue; put to it Cloves, Mace and Cinamon beaten, with a little Salt, the yolks of ſix or ſeven eggs, and mingle it all together very well with your hands, then fry it in clarified butter, put it forth into a great ſtewing-diſh on a heap of coals, with Claret-wine, beaten Cinamon and Ginger, Sugar, a little Vinegar, a branch or two of Roſemary, and a handful of grated bread; when it boyls up together, add a ladleful of drawn butter, ſo diſh it up with the ſlices of your tops of Tongues, *&c.* round about like ſippets, and pour on your Lear.

To potch a diſh of Eggs for a weak ſtomach.

TAke a handful of very good Sorrel beaten in a Morter, ſtrain it forth with the juice of Lemmon, and a little Vinegar: put to it a little Sugar and grated Nutmeg, then take ſome ſippets hardened upon a Grid-iron, and lay them on the bottom of your diſh; put on them a little ſtrong Broth, and a ſpoonful of drawn butter, then pour in your Sorrel, and ſet it on a great heap of coals; your eggs being potched in a little water and ſalt, either in a clean frying pan, or a broad bottomed skillet, with a little more water than will cover them; then take them up, drain them from the water, and lay them on your ſippets, ſo cover them and ſend them ſuddenly away; you muſt obſerve that your ſauce muſt never be no hotter on the fire, than that you may eat

eat it without cooling it again; for if you do, it will change the colour of your Sorrel, and give your Lemmon and it a bad taſte.

Another way rich and ſtrengthening.

PUt ſippets in your diſh, as aforeſaid, then beat half a handful of Piſtaches, and put them into half a pint of very good Mutton gravy, diſtill them over the fire, adding a grated Nutmeg, and the juice of a Lemmon, with two or three Anchovies diſſolved in ſome of the gravy; then put it to or on your ſippets, being on a great fire, then diſh up your potched eggs (drained clean from the water) on your ſippets, put all your Piſtaches over your eggs, with a little drawn Butter, to make them look handſom.

Another way.

FIll your diſh with toaſted ſippets, as aforeſaid, put to them a pint or half a pint of Tent, or Muſcadine, grate a Nutmeg on them; your eggs being very rarely done, and drained clean from the water by a little falſe bottom, or ſpoon made for that purpoſe; lay them on your ſippets and wine, being moderately warm, ſend them up.

How to Butter Eggs.

BReak about ſixteen eggs, or what you pleaſe; beat them and put them into a deep diſh, with about half a pound of *B*utter or more in pieces, and almoſt melted; ſet them upon a great heap of coals until they begin to come together in the bottom; then have about a dozen toaſts ready (through the roul) put them all over the bottom of your diſh, and with a great ſpoon rake them round from one ſide to the other, and lay the fleaks as they riſe, upon your toaſts in the diſh; this muſt be done with much quickneſs and diligence, leſt it

burn

burn to the bottom; when all is laid on the toaſts, pour over every one of them drawn Butter, ſtick them with ſmall toaſts, and ſend them up.

Another way.

BReak them on *B*utter, as aforeſaid, then bring them up into a tender body with your ſpoon; diſh them into a diſh with toaſts round about; this is your common way.

To fry Collops and Eggs.

CUt your Collops out of middling Bacon, exceeding thin, and about four inches long, ſo cutting of it off the rhine at once, part it into a diſh of fair water, and let them lye an hour or two to take away the Salt; then take them forth and dry them from the water, and fry them in a pan with Butter or tryed ſtuff, keep them toſſed while they are a frying, put them in a diſh before they are through criſp, and ſet them before the fire, then pour the liquor out of your pan, and make it exceeding clean, by ſcouring of it with the ſhells of eggs, then almoſt fill your pan with pure clarified dripping or butter; when it is hot, but not to bliſter your white much, break in your eggs one by one, then put them on your Trivett on Charcoals, and part them aſunder with your knife, and ſhake your liquor all over them, ſo will they fry on the top, you need not turn them; in caſe your pan be not full enough, you may juſt turn them, and diſh them upon your Bacon, and part of the Bacon on the top of them; this way they will be as white or whiter than potched.

Many more things of this nature, is or may be uſed in Frigaſying or Frying; but by the knowledge of theſe, all other things according to their nature, may be performed by an ingenious Practitioner.

BOOK XI.

Containing all manner of Sallets and Roaſt-meats, with their ſeveral ſauces.

To make Sallets.

To make a Grand Sallet for the Spring.

YOur Gardiner, or thoſe that ſerve you with herbs, muſt ſupply you with all manner of Spring-Sallets, as buds of Cowſlips, Violets, Strawberries, Primroſe, Brooklime, Water-creſſes, young Lettice, Spinnage, Alexander-buds, or what other things may be got, either backward or forward in the Spring; having all theſe things ſeverally and apart, then take by themſelves Sampier, Olives, Capers, Broom-buds, Cowcumbers, Raiſons and Currans parboyled, blanched Almonds, Barberries, or what other pickles you can obtain; then prepare your ſtandard for the middle of your diſh; it may be a wax tree, or a ſtandard of Paſte (like a Caſtle) being waſhed in the yolks of eggs, and all made green with herbs; as alſo, a tree within that, in the like manner may be made, with Paſte made green, and ſtuck with flowers, ſo that you may not perceive it but to be a tree, with about twelve ſupporters round, ſtooping to, and faſtened in holes in your Caſtle, and the other end bending out to the middle of your diſh; they may be formed with Paſte; then having four rings of *P*aſte, the one bigger than another (like unto hoops) your biggeſt muſt come over your Caſtle, and reach within three inches of the foot of your ſupporter, the ſecond to be

within two inches of that, and ſo place as many as you pleaſe gradually, that they may be like as many ſteps going up to a Croſs; you may have likewiſe four Belconies in your Caſtle, with four Statues of the four ſeaſons; this done, place your Sallet, a round of one ſort on the uppermoſt ring, or ſtep, ſo round all the other, till you come to the diſh, with every one a ſeveral ſort; then place all your pickles from that to the brims of your diſh ſeverally, one anſwering another: As for example, if you have two of white, and two of green, let them be oppoſite, the white againſt the white, and the green againſt the green, and ſo all the other; ſo your diſhes bottom being wholly covered below your Mount, garniſh your diſh with all kind of things ſutable, or afforded by the Spring; your Statues ought to have every one a Cruitt placed in their hands, two with Vinegar, and two with Oyl; when this Sallet is made, let it be carried to the Table, and ſet in its place; and when the gueſts are all placed, unſtop the Cruitts, that the Oyl and Vinegar may run on the Sallet; theſe Cruitts muſt be glaſſes not a quarter of a pint apiece, ſized over on the outſide, and ſtrowed with flowers: After the ſame manner may you make your Sallet in Summer, Autumn, or Winter; only take thoſe Sallets that are then in ſeaſon, and changing of your ſtandard; for in the Summer, you ought to reſemble a green tree; and in the Autumn, a Caſtle carved out of Carrets and Turnips; in the Winter, a tree hanged with Snow: This only is for great Feaſts, and may inform the Practitioner in ſuch Feaſts, for the honour of his Maſter, and benefit of himſelf: the Paſte that you make your Caſtle or Standard with, muſt be made of Rye.

The Fleſh Sallet of a Capon or Turkey.

TAke of either, ſlice it very thin, as for a Haſh, put that which is white of the breaſt and wings by its ſelf,

ſelf, and that which is black of the legs, or other part of the Fowl, by it ſelf; put the rump and ſides of the rump in the diſh, and the other bones of the legs and wings about the ſides of the diſh like ſippets; then ſeaſon your meat with a few Sives, a little Tarragon, Speermint and Parſlee, with the Cabbage or two of Lettice; mince theſe exceeding ſmall, add a little ſmall Pepper, Salt, and ſliced Nutmeg, with a little Horſe Raddiſh, ſcraped and minced, mingle your ſeaſoning together, and ſtrow it on your Sallet, pour on Oyl and Vinegar, ſo toſs it up together; let your blackeſt fleſh be laid all over the bottom of your diſh and bones, and your whiteſt on the top of all; ſtrow on a Lemmon cut in Dice, and garniſh it at your pleaſure.

A made diſh of Parmizant.

TAke a Grater, and grate half a pound of Parmyzant, then grate as much Manchet, and mince ſome Tarragon together with Horſe Raddiſh; ſeaſon this with almoſt a handful of Carraway Comfits; put to it a little brisk Claret-wine to moiſten it over, then diſh it in a ſmall diſh, from the middle to the brim, in parcels as broad as your knife; garniſh it with Carraway Comfits, Horſe-Raddiſh and Tarragon; ſend it up the laſt diſh of your meſs or meſſes, with Muſtard and Sugar; becauſe at a Feaſt it is not common to ſend up a whole Cheeſe.

A Sallet of a dryed Neats-Tongue.

LEt your tongue be exceeding red, ſliced as thin as a groat, and about the ſame bigneſs, put to it a little Tarragon minced ſmall; toſs it with Oyl and Vinegar, and diſh it; put Bay-leaves round your meat, and ſtrow on Weſtphalie Bacon on the brims of your diſh.

A Sallet of Fennel.

TAke young Fennel, about a ſpan long, in the Spring, tye it up in bunches as you do Sparragraſs; when your skillet boyls, put in enough to make a diſh; when it is boyled and drained, diſh it up as you do Sparragraſs, pour on Butter and Vinegar, and ſend it up.

A Sallet of green Peaſe.

WHen your green Peaſe appear, about a handful and half from the ground, cut off enough to boyl for your Sallet, let your liquor boyl before you put it in; when it is tender, pour it forth into your Cullender, let all the water be drained clean out of it into a diſh, with ſome drawn butter; ſeaſon it with Salt, and hack it with your knife, and toſs it together in the *Butter*, ſo diſh it up. Thus may you do with Turnip or Raddiſh-tops, that are young.

A Sallet of boyled Spinnage.

BOyl your Spinnage, as before you did your Peaſe, but in Broth if you have it; you muſt boyl it exceeding quick, elſe it will change colour; put it out into your Cullender, and drain it from the water; hack it with a knife, and put it in a ſtewing-diſh, with a handful or two of parboyled Currans, a little Vinegar, drawn Butter, Sugar, a grated Nutmeg and Salt, mingle it all together, and let it ſtand on a heap of coals, until it begins to boyl up; have ready a matter of a dozen toaſts, cut thin through the penny Manchet, put them into the bottom of your diſh, and put your Sallet on them with a ſpoon in heaps, ſo ſcrape on Sugar.

I having before hinted of ſeveral Sallets in the Spring ſeaſon, need not ſpeak to you of the Summer, becauſe there is none almoſt, but knows ſo many varieties of that ſeaſon, and ſo much made uſe of by the vulgar, that

that it would take up not only a great deal of my time (which may be better ſpent) to recite them, but fill my volume, which I have intended for a better uſe: As for part of the Autumn and Winter, I have before preſcribed you Rules to pickle, I ſhall leave you to that, and ſo proceed to what is behind.

Rules how to Roaſt meats, with their ſeveral Sauces.

To roaſt a Hanch of Veniſon.

IF your Veniſon hath been ſeaſoned, you muſt water it, and ſtick it with ſhort ſprigs of Roſemary; let your ſauce be Claret-wine, a handful of grated bread, Cinamon, Ginger, Sugar, a little Vinegar, boyl theſe up ſo thick as it may only run like batter, it ought to be ſharp and ſweet, diſh up your meat on your ſauce.

To roaſt a Jegget of Mutton.

YOur Jegget of Mutton is the leg and half the loyn cut to it, draw it with Lemmon-pill and Time, roaſt it ſoberly, ſave the gravy in a diſh under it, put therein Claret-wine, two or three Onions cut in halves, two Anchovies, a ſpoonful or two of Elder-Vinegar, let this boyl up together; then put in a few minced Capers and Sampier, with a Nutmeg ſliced; this is ſauce for your Jegget of Mutton, or for any other roaſt Mutton; you may add what gravy you have to it, and Oyſter-liquor.

To roaſt a ſhoulder of Mutton with Oyſters.

YOur Oyſters being parboyled, put to them ſome Parſlee, Time and Winterſavoury minced ſmall, with the yolks of ſix hard eggs minced, a handful of grated bread, three or four yolks of eggs, ſo mingle all

together with your hands; your ſhoulder, or other joynt of Mutton being ſpitted, lay it upon the dreſſer, make holes with your knife, and put in your Oyſters, with the herbs and ingredients after them; about twenty Oyſters will be enough; take the reſt of your quart, or as many as you have, put them into a deep diſh, with ſome Claret-wine, two or three Onions in halves, a couple of minced Anchovies; put all this under your Mutton in the pan, to ſave your gravy, and when your meat is ready, put your ſauce upon a heap of coals; put to it the yolk of an egg beaten, a grated Nutmeg, and drawn Butter; diſh up your ſhoulder of Mutton, and pour this thick Lear of Oyſters all over it; ſtrow on the yolks of hard eggs minced, and garniſh it with Lemmon.

To roaſt a Chine or Neck of Veal.

DRaw them with Time, and put them a roaſting; then take ſome great Oyſters, ſeaſoned as afore in the ſhoulder, having ſome ſlices of Bacon cut four ſquare, a little larger than the Oyſter: then having two or three ſquare rods, as big as your little finger, put thereon a piece of Bacon, and then an Oyſter, ſo long, until you have ſpitted all your great Oyſters: tye theſe rods on your Veal; when it is more than half roaſted, then put under it a diſh with a little Claret-wine, minced Time, and a grated Nutmeg: when your Oyſters and Veal is ready, cut off your rods, and ſlip the Oyſters and Bacon into the Wine, let them boyl up thick, adding the yolk of an egg, with a little drawn Butter, put it all over your Veal, whether Chine, Neck, Fillet or Leg.

To roaſt a breaſt of Veal.

RAiſe up the skin of your breaſt of Veal, almoſt to the end of it, towards the belly, and likewiſe almoſt to the place the ſhoulder was cut off; force it with

with a Saſſage force-meat, good ſtore of Lard in it: but ſeaſon it with Time, Winterſavoury and Parſlee minced, as alſo with Cloves, Mace, Nutmeg, Salt and ſmall Pepper: let it not be ſo hot in your mouth as your Saſſage-meat: mingle this in two eggs, and farce it between the skin and Veal: and draw your breaſt all over with Time, and let your ſauce be *Butter*, Vinegar, a little minced Time, and Nutmeg grated: garniſh it with Lemmon, and ſend it up.

A Fillet or Leg of Veal Farced.

TAke a good quantity of Time and ſweet herbs, and make farcing, as is before ſhewn, and farce your Leg of Veal, and ſerve it up in farcing ſauce.

To roaſt Olives of Veal.

CUt out of a Fillet of Veal large Collops, hack them thin with the back of your Chopping-knife, then having minced your farcing herbs with Beef-ſuet, and ſeaſoned, then ſeaſon your Collops with a little Cloves, Mace, Nutmeg and Salt: mix them with the yolks of four or five eggs, and ſpread them abroad, ſtrow on your farcing, and roul them up cloſe, ſo put them on a ſpit, and roaſt them; boyl up the reſt of your farcing in a little White-wine and ſtrong *Broth*, with a little Sugar, then draw your Olives, pour on your ſauce, and garniſh it with Lemmons.

To roaſt a whole Lamb or Kid.

TRuſs your Lamb (or Kid) pricking the head backwards over the ſhoulder, tying it down; ſet it, and lard it with Bacon, and draw it with Time, and a little Lemmon-pill; then make a Pudding with a little grated bread, a handful of ſweet herbs, a handful of Beef-ſuet; put in about a handful of flower, and a little Saſſage or forced meat minced; ſeaſon it with Cloves,

Mace, Cinamon, Ginger, Nutmeg and Salt; make it up into a tender body, with two or three eggs and a little Cream; ſtuff it into the belly of your Lamb, or Kid; put ſome Caul of Veal or Lamb over it, ſo prick up the belly: Roaſt your Lamb or Kid, and when it is enough, ſerve it up with Veniſon ſauce.

To make a Kid of a Pig, and a Pig to be roaſted.

TAke a large Pig and flea him as carefully as you can, ſo that you make no holes in his skin; cut off the ears and noſe to the skin, then truſs up your Pig like a Kid, with the head over the ſhoulders, lard it over with Bacon (being ſet) and draw it with Time, ſo put it on your ſpit to roaſt; then take a piece of parboyled Veal, and as much *Beef*-ſuet, with a good handful of Spinnage, an handful of ſweet herbs and Parſlee, mince theſe together exceeding ſmall, ſeaſon it with beaten Pepper, Cloves, Mace, Cinamon, Ginger, Nutmeg, Sugar and Salt; then put to it two or three handfuls of Currans, and as much grated bread; mingle it with a little Cream, and about four eggs, ſo that it may be as ſtiff as forced-meat; then waſh over your Pig on the inſide with the yolks of eggs, and ſow up the holes in the skin; ſo force your Pig with this, and let him be in the ſame form as he was before he was fleaed; ſow up his belly, and put him in a Tinn diſh, with a ball of forced meat in his mouth, and a little butter in the bottom of the diſh, ſo put him into the Oven, and bake him up criſp; and roaſt the other for a Kid; diſh them up when they are ready, with a pretty ſharp farcing ſauce under them, and ſtrow them over with the yolks of eggs minced.

To roaſt a Calves-head.

TAke a handſom white Calves-head, cut a little hole in it, and take out his brains (after he is parboyled)

parboyled) then lard it with Bacon, and draw it with Lemmon and Time on both ſides, and put in ſavoury forc'd-meat inſtead of the brains, being ſtopt in with a leafe of Bacon lard; put it upon your ſpit and roaſt it; otherwiſe, for more ſafeneſs, you may break it (in a diſh) in the Oven; ſo may you well take it out when it is half baked, and prick on Artificial ears, being made with Bacon, waſhed over with the yolks of eggs, and the whole head likewiſe; put it into the Oven again, and when it is enough, diſh it up, your Lear and ingredients being ready; which is Claret-wine, gravy, a pint or more of Oyſters, a couple of Anchovies, boyled up with two Onions, and a faggot of ſweet herbs, with a grated Nutmeg, ſome ſlices of Bacon, and Saſſages; ſo thicken it up with the yolk or two of an egg, and a ladleful of drawn Butter; put your Oyſters over your Calves-head, and your Bacon and Saſſages round about your meat, ſo garniſh it with Lemmon; you muſt take notice that the tongue muſt be taken out before the head is parboyled; and when it is boyled, to be uſed in the Lear.

To roaſt Leverets, and Rabbets.

CAſe your Leverets, but cut not off their hinder legs, nor their ears, but harl one leg through another, ſo likewiſe cut a hole through one ear, and put it through the other, ſo roaſt your Leveret; in the meantime, make your ſauce with a little Parſlee, Time, ſweet Margerum and Winterſavoury minced very ſmall, with the liver of the Hare parboyled, and the yolks of three or four hard eggs, with a little Bacon and Beef ſuet; boyl this up well with ſtrong Broth and Vinegar; when it is boyled, add a grated Nutmeg, drawn Butter, and a little Sugar; put it into your diſh with your Leverets: The ſame way may you make your counterfeit Leverets of Rabbets; but you muſt remem-

remember to lard them when they are parboyled, if deſired.

To roaſt a Lambs head.

TAke four or five white Lambs heads waſhed well, ſet and ſoak them in many waters; if you pleaſe, you may take out the brains, and force them with a ſavoury forced meat, being drawn with Time and Lemmon-pill; then ſpit your Lambs heads and roaſt them; when they are half roaſted, put on your ſpit as many Lambs tongues larded on both ſides, and let them roaſt with three ſticks of Oyſters, and ſweet-breads amongſt them; then having ſome gravie drawn with Claret-wine, put to it three Onions, a faggot of ſweet herbs, three Anchovies, and a grated Nutmeg; when your Lambs tongues are roaſted, cut them in the middle, and put them into your wine and gravie; then draw your Oyſters and ſweet-breads off your broaches, with your tongues; then diſh up your Lambs heads upon ſippets, well ſoaked in ſtrong Broth; lay the ſides of your tongues round your diſh by the heads, and put all over them your Oyſters and ſweet-breads, ſo pour on your Lear, with a ladleful of drawn Butter; you may boyl theſe, and add forced meat balls, and Bacon fryed yellow and green; they will either wayes ſerve for good handſom boyled meats, pallatable.

To roaſt Veniſon.

TAke the leg part of your Hanch of Veniſon, and cut it in thin Collops, hack it with your knife, as you do the like of Veal, then lard it very thick, with a ſmall larding pin; then take a handful of Parſlee and Spinnage, good ſtore of Time, a little Roſemary, Winterſavoury, and ſweet Margerum, mince it exceeding ſmall, with a little Beef-ſuet, ſo put it in the diſh with your Veniſon; put to it ſome beaten Cloves,

Cina-

Cinamon, Nutmeg, with a pretty quantity of Salt, t yolks of half a dozen eggs, or more, mingle it up a together with your hands, then ſpit your Collops on a ſmall ſpit, or long Broaches made with ſticks; you muſt ſpit them ſo by doubling of them, or bringing in the ends, that they may not hang too long, but equal; when they are all ſpitted, put your herbs amongſt them, and tye them together with a packthread; as they roaſt, put a diſh under them with Claret-wine; when they are almoſt done, take your diſh and ſet it on the coals, put grated bread, beaten Cinamon, Vinegar and Sugar to your wine, with a ladleful of drawn Butter, ſo diſh up your Veniſon, and pour on this Lear, being not too thick, all over it.

Several ſauces for your Fowl in general.

For Capons.

A Little ſliced Manchet, ſoaked in ſome ſtrong Broth with Onions, boyl it up in gravie, Nutmeg, Lemmon cut like Dice, and drawn Butter; put it under your Capons.

For Hens.

THe yolks of three or four hard eggs minced, a little drawn Butter, a ſpoonful or two of Claret-wine, gravie, and the juice of a Lemmon.

For Turkie.

TAke the ſame preſcribed for your Capons.

For Chickens.

MInce a handful of Parſlee very ſmall, and wrap it up into a ball with a grated Nutmeg; put this into

remember to lard them when they are parboyled, if deſired.

To roaſt a Lambs head.

TAke four or five white Lambs heads waſhed well, ſet and ſoak them in many waters; if you pleaſe, you may take out the brains, and force them with a ſavoury forced meat, being drawn with Time and Lemmon-pill; then ſpit your Lambs heads and roaſt them; when they are half roaſted, put on your ſpit as many Lambs tongues larded on both ſides, and let them roaſt with three ſticks of Oyſters, and ſweet-breads amongſt them; then having ſome gravie drawn with Claret-wine, put to it three Onions, a faggot of ſweet herbs, three Anchovies, and a grated Nutmeg; when your Lambs tongues are roaſted, cut them in the middle, and put them into your wine and gravie; then draw your Oyſters and ſweet-breads off your broaches, with your tongues; then diſh up your Lambs heads upon ſippets, well ſoaked in ſtrong Broth; lay the ſides of your tongues round your diſh by the heads, and put all over them your Oyſters and ſweet-breads, ſo pour on your Lear, with a ladleful of drawn Butter; you may boyl theſe, and add forced meat balls, and Bacon fryed yellow and green; they will either wayes ſerve for good handſom boyled meats, pallatable.

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TAke the leg part of your Hanch of Veniſon, and cut it in thin Collops, hack it with your knife, as you do the like of Veal, then lard it very thick, with a ſmall larding pin; then take a handful of Parſlee and Spinnage, good ſtore of Time, a little Roſemary, Winterſavoury, and ſweet Margerum, mince it exceeding ſmall, with a little Beef-ſuet, ſo put it in the diſh with your Veniſon; put to it ſome beaten Cloves,

Cina-

Cinamon, Nutmeg, with a pretty quantity of Salt, the yolks of half a dozen eggs, or more, mingle it up all together with your hands, then ſpit your Collops on a ſmall ſpit, or long Broaches made with ſticks; you muſt ſpit them ſo by doubling of them, or bringing in the ends, that they may not hang too long, but equal; when they are all ſpitted, put your herbs amongſt them, and tye them together with a packthread; as they roaſt, put a diſh under them with Claret-wine; when they are almoſt done, take your diſh and ſet it on the coals, put grated bread, beaten Cinamon, Vinegar and Sugar to your wine, with a ladleful of drawn Butter, ſo diſh up your Veniſon, and pour on this Lear, being not too thick, all over it.

Several ſauces for your Fowl in general.

For Capons.

A Little ſliced Manchet, ſoaked in ſome ſtrong Broth with Onions, boyl it up in gravie, Nutmeg, Lemmon cut like Dice, and drawn Butter; put it under your Capons.

For Hens.

THe yolks of three or four hard eggs minced, a little drawn Butter, a ſpoonful or two of Claret-wine, gravie, and the juice of a Lemmon.

For Turkie.

TAke the ſame preſcribed for your Capons.

For Chickens.

MInce a handful of Parſlee very ſmall, and wrap it up into a ball with a grated Nutmeg; put this into

into the bellies of your Chickens when you ſpit them, and take it forth when you draw them, adding ſome drawn Butter, put it to your Chickens; otherwiſe, the common way is drawn Butter, and Parſlee minced.

A ſauce for roaſt Pigeons.

THeſe are to be done as your Chickens before, only adding a little minced Bacon (to your Parſlee) with a few Mints, ſo force their bellies, when they are roaſted, take out their forced meat, put it into a little Claret-wine, and add to them grated bread and drawn Butter; you may uſe your Vine-leaves roaſted, and mince them in.

Sauce for Rabbets.

TAke Butter and minced Parſlee, and roaſt it in their bellies; otherwiſe you may uſe the like ſauce you have for Leverets.

Sauce for Pheaſants, Heath-Poots, or Cocks of the wood.

TAke the ſame as was uſed for your Capons.

Sauce for Woodcocks.

YOu muſt for each Woodcock make a toaſt made of a Manchet; put to it gravie boyled up with an Onion, a little ſtrong Broth, drawn Butter, and a little Nutmeg; pour this on your toaſts, and diſh up your Cocks.

Sauce for Quailes.

TAke a little Claret-wine, gravie, Nutmeg, Vine-leaves minced, with a little drawn Butter.

Sauce for Ducks, Wigeons, Teal, or Plover.

BOyl ſome Onions ſliced very thin in a little ſtrong Broth, put thereto gravy and a little drawn Butter, but your general rule for wild-fowl, is gravie boyled up with an Onion, a little Nutmeg and Butter; and for water-fowl, ſliced Onions boyled up in ſtrong Broth, with gravy, and a little drawn Butter.

BOOK XII.

Treats how to boyl or ſtew fiſh to be eaten hot with Compoſitions.

How to boyl, or ſtew fiſh, to be eaten hot.

TO boyl a Turbet, your Pan muſt be ſeaſoned with good ſtore of Salt, Wine Vinegar, a faggot or two of ſweet herbs, a ſliced Lemmon, and Ginger; when it boyls put in your Turbet, and let it boyl for above half an hour; take for your Lear, or ſauce, ſome Oyſters, Pranes, or Shrimps ſtewed up in a little Whitewine, a little large Mace, thicken it with the yolk of an egg, and put to it two or three ladles of drawn Butter, diſh up your Turbet on Sippets, lay it on a good heap of coals to dry up the water; pour on your Lear, with the Oyſters all over the top; garniſh it with fryed bay leaves and Lemmon; ſtrow on the brims of your diſh beaten Ginger.

To boyl a Pike.

YOu may ſplit your *Pike* in the middle almoſt from the head, within a handful of the tail, ſo turn him round:

round: Let both ſides be brought over the head; the one over one ſide, and the other over the other ſide, and let the tayl be thruſt into his mouth: or if you pleaſe, either you may cut off the head beyond the gills to the bodywards, that the head may ſtand upright in the diſh, leaning forwards: Cut the tayl likewiſe off ſloping, allowing two handfuls of the fiſh with it. Then cut the body of the fiſh into two or three parts, and ſplit it in the middle, your pan being well ſeaſoned (as when you boyled the Turbet) boyl it up very quick; then take a little White wine, and a little Horſe Radiſh ſcrapt, a little Oyſter liquor, a grated Nutmeg, and two or three Anchovies, beat them up with the yolk or two of an egg, and put to it two or three Ladles of drawn Butter, or as much as will ſerve: ſo diſh up your Pike, the head ſtanding up before, and the tail behind, and the reſt of the *Pike* between; otherwiſe, as it was truſs'd round, ſo pour on your Lear, with your horſe Radiſh over the top; you may uſe ſhell-fiſh to it if you pleaſe: ſo ſtick it about with green Bay leaves fryed, or Roſemary fryed in batter, and garniſh your diſh with Lemmon; Remember to ſeaſon all your Lear with ſalt.

To ſtew a Carp.

TAke a living Carp, and knock him on the head; open him in the belly, take heed you break not the gall; pour in a little Vinegar, and waſh out all the blood, ſtir it about with your hand, and preſerve it: then have a pan or skillet, on the fire, with ſo much White wine as will almoſt cover your fiſh, put to it an Onion cut in the middle, a Clove or two of Garlick, a Race of Ginger ſliced, a Nutmeg quartered, a faggot or two of ſweet herbs, three or four Anchovies; your Carp being cut out (as the Pike before) and rubbed all over with ſalt, when your Wine boyls put him in, Cover him cloſe, and let it ſtew up for about a quarter of an

an hour, then put in the blood and Vinegar, with a little Butter, ſo diſh up your Carp upon your Soope, and pour on your Lear; let your ſpawn, Milt and Revet be laid over your Carp; you may thicken this Lear if you will, but it is generally eaten as a broth; ſo garniſh it with Lemmon, and ſtrow the brims of the diſh with beaten Ginger.

Another way to boyl Carps.

KNock them on the head, and cut them up, preſerve the ſpawn and the Liver, ſcale your Carps and waſh them, ſalt them well, and put Vinegar to them, and when your pan boyls, and is well ſeaſoned with Salt, put in your Carps whole with the Vinegar and Salt they lye in, then diſſolve two or three Anchovies in a ſpoonful or two of Wine; Mingle it with your drawn Butter, ſo diſh up your Carp, and ſet them on Coals; Lay on the Liver or Spawns, and lear them all over; ſo garniſh it with fryed Bay-leaves, and Lemmon.

To ſtew a diſh of Flounders.

TAke your Flounders being drawn and waſhed, and ſcorch them on the white ſide, and lay them in a deep diſh, put to it a little White wine, a couple of Onions cut in halves, a bunch of ſweet herbs, a race of Ginger ſliced, a little whole Pepper, a handful of Oyſters minced, and as much ſalt as will ſeaſon it; cover theſe cloſe, and ſtew them up with as much ſpeed as may be, then diſh them up on Sippets, and take ſo much of the bottom of your Lear as will ſerve you, thicken it with the yolk of an egg, and put drawn butter to it, and pour it over your Flounders; ſo garniſh it with Lemmon, and ſtrow on the brims of your diſh beaten Ginger.

Another way.

WHen you have ſcorcht them, and laid them in your deep diſh, put about a pint of ſweet Sallet Oyl, half a pint of White wine, and the like of Vinegar to them, with two Races of Ginger ſliced, ſome whole Cloves and Mace, a ſliced Nutmeg, and a faggot or two of ſweet herbs, with a couple of Onions cut; ſtew all theſe together, ſo diſh up your Flounders on Sippets, then take a handful of minced Parſlee parboyled green. and throw it into your Lear, let it boyl two or three Walms, and pour it over your Flounders, ſo garniſh it with Lemmon and green Parſlee minced.

To boyl Perches.

LEt your *Liquor* boyl, and your pan be ſeaſoned as aforeſaid, boyl them up very quick; then blanch them on both ſides, and diſh them upon Sippets; then take a little White wine, gravie, and vinegar, with a grated Nutmeg and a handful of Oyſters cut in ſunder; put this all over your fiſh, and let it be ready to boyl in the diſh you ſend it up in, ſo ſhake it together, and pour drawn butter all over it; Garniſh it with Barberries and *Lemmons*.

How to make a Bisk of Fiſh.

TAke a very good Carp, ſcale him, take out all the bones, leave nothing but the fiſh, mince it or cut it with your knife in pieces, then charge a pipkin with White wine, and a little Vinegar, an Onion, a faggot of ſweet herbs, ſome Ginger, a ſliced Nutmeg, three Anchovies: then charge another *Pipkin* with Pranes, Shrimps, Crafiſh, and ſliced *Lobſter*: then charge a third Pipkin with all manner of Shell-fiſh that you have; put of the ſame *Lear*, and ſeaſoning to theſe as was in the firſt Pipkin: *Let* your firſt Pipkin boyl three or four

four walms, and put in your Carp as it boyls, with a pint of Oyſters cut in ſunder; ſeaſon it with ſalt, beat (when 'tis done) a yolk of an egg to thicken it, and drawn butter; let it boyl very haſtily for the time, elſe it will eat flaſhy, and not criſp, thicken up your other *Pipkins* with drawn butter, and make them ready; then you muſt have in readineſs about five Collerd Sowls, indored over with eggs, and baked in an Oven, with a good many balls of forced meat of fiſh, both yellow and green; you may alſo bake up in the ſame thing the Carps head, and four heads of other fiſhes; have likewiſe in readineſs Smelts and Gudgeons fryed Criſp, and Sowls cut in pieces, and Whitings fryed whole: then have four ſmall Jacks boyled, and four Trouts, or ſuch like fiſh: let your great diſh be on the coals with a ſoop of light ſippets, ſtrow it all over with beaten Nutmeg, and Ginger; then diſh up your great collerd Sowl, as a ſtandard in the middle of your diſh; and your ſtiff ſmelts as ſupporters round about it: then diſh up your four Pikes, oppoſite one to another, their tails to the ſtandard-wards, and their heads to the brims of the diſh: diſh the other four oppoſite to them, ſo that there be eight partitions in the diſh left; fill two of them with your Carp and Oyſters aforeſaid, two of them with fryed Whitings, and the other four with Pranes, Shrimps, Cockles, and *Perriwinckles*; then you may diſpoſe of your other four Coller'd Sowls croſs wayes, about the ſtandard, in the four partitions, between the fiſh; then garniſh on all the fiſh that you fryed, in vacant places, not hiding your ſmall fiſh; But if they are pieces of fryed Sowls or *Plaice*, you may lay them over your bigger fiſh, then take ſome of your former Lear and Oyſter Liquor, adding more Wine if you want Lear; and the meat in the Shell of a crab or two: boyl theſe up with a beaten Nutmeg and Anchovie, adding drawn butter, and let

your Lear be as thick, or thicker than it; and when it is ready to boyl, take your Ladle, and pour it all over the fiſh in your Bisk, (except the Carp;) ſo take your ſliced Lobſter, Crafiſh, and Oyſters fryed in Batter, and garniſh it every where, according to your own diſcretion; alſo take your forced meat out of the Oven, ſhake it with butter, and do the like as before: garniſh round the ſides of your diſh with the heads of your fiſh, or how you pleaſe; then take the Carps head which was baked with the forced meat, and faſten it on the top of the ſtandard in the middle, and the other four heads, upon the other four Sowls: take five branches of Roſemary, and put through their mouths, and faſten it to the Collers, prick Bay leaves round the Collers, and ſides of your forced meat. Although I have preſcribed theſe kind of fiſhes, yet you may make uſe of ſuch fiſh as the ſeaſon will afford, or you can get.

To dreſs a Codds head the beſt way.

CUt off your Codds head beyond the Gills, that you may have part of the body with it, boyl it in water and ſalt, and having ready about a quart of Cockles, with the meat out of the ſhell of a Crab or two, put theſe in a pipkin with about a quarter of a pint of Whitewine, a bunch of ſweet herbs, an Onion or two, with a little large Mace, and a grated Nutmeg; add to it a little Oyſter Liquor, ſet it on the fire, and when it boyls, and the liquor in it is waſted, put to it two or three Ladles of drawn butter, or as much as will ſerve; then diſh up your Codds head on ſippets, and put it on a good heap of coals to dry up the water; then cut the tripe of your Codd, as you cut pallats; alſo cut the peaſe, or ſpawn in thin ſlices, and the Liver in pieces, take likewiſe the Gill and pick out the bones, and cut it as you did the other; diſh up your ſpawn or

peaſe

peaſe round about your Codds head, and ſome on the top; and put all over it your Tripe, Gill, and Liver, then take a ladle, and pour your lear over it, with a little drawn butter on that, and ſtick all your gill bone with Oyſters fryed in batter, and ſtick them on the peaſe of the fiſh, and all over the head where they will enter; ſo garniſh it over with the ſame Oyſters, grate on a Nutmeg and ſend it ſmoaking up: take notice that the peaſe of your fiſh will ask more boyling than the head, if it be a great one: alſo remember that you blanch off all the skin of your Codds head, when you diſh it, and garniſh it with Lemmon and fryed bay leaves.

To make an Olve of Fiſh.

TO this you may have all manner of fiſh, (that are not flat) as Carps, Pikes, Mullets, Baſe, Rotchets, Gurnets, Trouts, or Salmon-peel, *&c.* being all dreſs'd and waſh'd: take the firmeſt and biggeſt for boyling, and the other for frying and forcing; when your Pan is ſeaſoned, and your fiſh boyled off quick, according to the time that each takes its boyling; as alſo your other fiſh being all ready, diſh on your ſippets, ſome great fiſh turned round in the middle of your Charger, elſe a Coller of Salmon baked in an Oven, with the heads of four fiſhes on the top of it; then diſh your boyled fiſh round about, and your fryed fiſh between them, your Smelts and Gudgeons round towards the brims of the diſh: if you have forced meat of fiſh made in little balls you may garniſh that between the boyled and the fryed; then having your Oyſters, Cockles, Perriwinckles, Pranes, Crafiſh, or ſliced Lobſter, or any of theſe ready in your Lear of thick butter, Lear your fiſh therewith all over; ſtick your Coller with fryed bay leaves at the heads, and round the diſh: ſo garniſh it with Lemmon, grate on a Nutmeg, and ſend it up ſmoaking.

ing. I have heard of Cooks heaping up an Olue of fiſh on the top of one another, but that way is neither Honourable or profitable; the biggeſt Fiſh here that I adviſe you to lay on the other, are only Smelts, Gudgeons or pieces of Souls, or Flounders, fryed up very criſp and brown; and all manner of ſhell fiſh, as is ſhewn.

To boyl Mullet or Baſe to be eaten hot.

YOu muſt ſcale your Mullets or *Baſe*, and waſh them, ſaving their Livers or Tripes, Rows, or Spawns; Boyl them up in Water, Salt, Vinegar, Wine, faggots of ſweet herbs, ſliced Lemmon, and two or three whole Onions, your lear muſt be drawn butter, large mace, whole Nutmeg cut in quarters, and two or three Anchovies diſſolved in the wine you drew your butter withall; ſo diſh up your fiſh, pour on your lear, (you muſt alwayes remember to ſeaſon all your lear with ſalt to your Pallat,) and garniſh it with fryed Oyſters and Bay leaves; ſeaſon your liquor after this manner for the boyling of moſt of your fiſh.

To ſtew, or make broth; with Whitings, or Smelts.

PUt on the coals in a deep diſh half Wine and half water, put to it a race of Ginger ſliced, a little large mace, a Nutmeg quartered, and two or three faggots of ſweet herbs with Parſlee, adding as much ſalt as will ſeaſon it; let this all boyl up together half a dozen Walms, then put in your fiſh orderly, as they are to lye in your diſh, when you ſend them up, and let them boyl haſtily, with a little butter put into them; leſs than a dozen walms is ſufficient for them: when they are enough, pour all the liquor into a pipkin, and ſet it on the fire again with your ſpice and ſweet herbs that were in it; then mince a handful of parſlee ſmall, and a little fennel, and time, and let it boyl with the fiſh-broth:

broth: then waſh out with Vinegar the meat of a ſhell or two of Crabs, with the Carkaſs of a Lobſter, the yolks of two or three eggs, a ladle of drawn butter, beat all this together with ſome of the ſaid liquor, and ſtir it into the pipkin until it thickens, ſhift out your Smelts, or Whitings, on ſippets as you will ſend them up, and pour on your lear, as it comes from the fire; this is an excellent broth and good for a weak ſtomach.

How to ſtew or boyl Eeles.

YOu may Coller up one of the biggeſt of your Eeles, and boyl him up, and the other being flead, cut in pieces twice as long as your finger, ſtew them up with half white wine, and half water, with an Onion or two, and ſome faggots of ſweet herbs, large Mace, and whole Pepper: when they are half ſtewed put to them a pint of Oyſters with a little minced parſlee and Time; when they are ready, put to them drawn butter, and vinegar; if your lear be not thick, you muſt add the yolk or two of an egg; diſh up your Collerd Eele in the middle, and your pieces round about it to the diſh brim, and your Oyſters, and lear over the whole; you may garniſh it with brown pieces of fryed fiſh about the breadth of a Plaice.

Another way.

CUt your Eeles as aforeſaid, and ſtew them up; when they are above half done, take a ſpoonful or two of Ale yeſt beaten up with a little vinegar, and put therein, with a greater quantity of parſlee and ſweet herbs than was in the laſt, ſo diſh them up, ſerved to the Table in their broth, adding ſalt.

To dreſs a diſh of ſmall Jacks.

CUt off the heads of them, put them into balls of forced meat made of fiſh, ſo that the heads may

ſtand upright, or looking forwards; indore them over with yolks of eggs, and put them into an Oven a baking, then cut your Jacks in pieces, ſtew them up in a diſh, with a little white wine, water, ſalt, vinegar, ſweet herbs, two or three Anchovies, Mace, ſliced Ginger, and Nutmeg; when this boyls up in your deep diſh, put in your Pike and ſome ſmall forced meat balls of fiſh, both green, yellow, and white; let them boyl, then turn the other ſide with a knife, let them boyl again, then take out your forced heads, and ſet them round in the diſh: take out your Jacks with your ſlice, and place them in the beſt manner; between and about them, all over the diſh, put Smelts fryed ſtiff in the mouths of your Jacks, and put your forced meats round about them; you may if you pleaſe add fryed fiſh, Oyſters, or others.

To ſtew a diſh of Breams.

YOur Breams being dreſs'd, waſh'd, dried well, ſcorcht, buttered and ſalted over, put them upon your Gridiron, being very hot, (over charcoals) when they are pretty brown on both ſides, but not burnt, put them into a great diſh boyling on the fire, with a little Claret wine, half a pint of gravy, two or three Onions, as many Anchovies, with a little minced Time, and a pint of Oyſters; put to this ſome drawn butter, and a grated Nutmeg; ſee that your lear be pretty thick, then diſh up your Bream with your Oyſters and lear on it, and ſtrow it over with the yolks of eggs: but if there be any Roman Catholicks, or others, whoſe conſcience ſcruples to eat of fleſh on faſting dayes, you may ſtew it up after another manner; which is, take the Breams broiled as aforeſaid, with a little Claret wine, Vinegar, large Mace, ſweet herbs, and Anchovies; put to this about a pint of ſweet Sallet Oyl, then put in your fiſh, and let it ſtew together with ſome Oyſters, if you pleaſe;

pleaſe; diſh up your fiſh on ſippets, and pour your lear thereon: you may do the like by divers ſorts of fiſh.

BOOK XIII.

Containing how to Bake, Fry, Broyl, Roſt, and Frigacy certain ſorts of Fiſh.

How to make Sawce or Lear without Butter, or thickning with Eggs.

YOu muſt clarifie your Oyl to take away the taſt and ſtrength of it; then take part thereof, or ſo much as you uſe, for your fiſh, and when its hot in your pan, put in a handful of ſliced Onions, and let them fry, then put in as much White wine and Vinegar as your oyl contains, with ſome large mace, a quartered Nutmeg, ſliced Ginger, Oyſter liquor, and minced Oyſters, three or four Anchovies, boyl this together; you may thicken it with the meat, or carkaſs of a Lobſter, and Crab, otherwiſe with the Raſping of ſtale grated bread, diſh up your fiſh when they are broyled, fryed, or boyled, and lear them over with the ſame: to boyl fiſh you may add a handful of parſlee and ſweet herbs minced to be boyled up in your lear.

To fry Fiſh, and all manner of Garniſhing with Oyl.

YOu muſt let your Oyl boyl in your pan, until it hath done bubling; your fiſh being dryed and flowred, put them in the pan, and fry them away criſp, as before, in clarified butter: ſo muſt you fry your Oyſters in batter, or other ſhell fiſh, and when you

have done frying your fiſh, fry up your garniſhing, as Bay leaves, Alexander leaves, young Fennel, Parſlee, Roſemary, and toaſts of ſtale bread.

Another way, how to thicken your lear for fiſh without eggs.

TAke the peaſe of a Codd, or the ſpawn of Salmon, and the Livers withall, or elſe the Livers of Rea Skeate or Thornback: let them all be well boyled, beat them all in a Morter together, with ſo much of the peaſe as you intend to uſe; Beat this into your aforeſaid lear of Oyl and Wine; this is a wholſome and good way for dreſſing fiſh, and thoſe which are uſed to it deſire it more than with butter.

To ſtew a diſh of Trouts.

FIrſt let your pan be very hot with clarified butter, and give them a ſudden brown, with what violence you can: have a ſtewing diſh ready on the fire with gravy, Oyſter liquor, a little Claret wine, and Vinegar; put your fryed fiſh therein, (you muſt note they were to be ſplit in half before frying) fry three or four ſliced Onions, and when they are brown, put them to your fiſh, with a handful of parſlee fryed green, a ſliced Nutmeg, two or three Anchovies, and let it juſt boyl up together; then diſh up your Trout in your diſh upon ſippets; whilſt your Lear is boyling on the fire, if it be not thick enough, you may add an egg, drawn butter, and ſome of the butter the Onions and Parſlee was fryed in. But your better way for criſpneſs and ſight of your fiſh is to fry your ſplit fiſh, as Trout, Salmon Peal, and Salmon, very criſp and brown: diſh it up with the inſide uppermoſt: ſo pour on your aforeſaid Lear, and ſtrow all over it parſlee fryed green.

To boyl, and ſerve a whole Salmon.

WHen you have drawn and waſht out your Salmon, you muſt run your penkniſe on both ſides towards the back, in and out, in Scollops, from the head to the tail; then take a ſtring and truſs up the head to the tail, and put him upon your falſe bottom: your liquor boyling in a deep pan, being highly ſeaſoned, eſpecially with ſalt and vinegar, put in your Salmon and let it boyl ſomething more than an hour, or until you think it is enough; then take it up, and diſh it in your Charger on Sippets; and having your fryed Collops of Salmon, very thin, garniſh it all about, and on the top of your Salmon; you muſt have ready fryed ſome toaſts picked at both ends; ſtick them all full with Oyſters fryed in Batter, and prick the other end of the toaſts, upon the back and upper ſide of the Salmon, then lear it all over with drawn butter, and if you pleaſe a little Vinegar; ſo prick on and garniſh it with bay leaves.

To Roaſt a Pike.

YOu muſt lard him very well (being ſalted) all over with Pickle Herring, and ſeaſon him with ſalt, a little beaten Pepper, Nutmeg, and ſome minced Time: if you have two, you may put one on the one ſide the ſpit, and the other on the other ſide; with two or three ſticks on each ſide your Pikes, to ſplinter them together, and bind them over with packthred, and let them roaſt, ſometimes letting the back ſtand towards the fire, and ſometimes the ſides, not turning them as you do fleſh, unleſs you ſee occaſion to keep them from burning; then diſſolve half a dozen Anchovies in a little Butter, and paſte them therewith; after they are half roaſted, put down two ſticks of Oyſters, betwixt each Oyſter a bay leaf; let there be a diſh under them to

catch

catch that which they are baſted withal, with a little Claret wine, Oyſter liquor, minced Time, and a grated Nutmeg; when your Oyſters are ready, draw them into your diſh, taking out the *Bay* leaves, and put in an Onion cut in halves, and let them boyl on the fire, then take up your ſpit, and cut your ſtrings, that you may lay the brown ſide of your Pike upwards, (or if you can his back) then put a ladle of drawn butter to your lear and oyſters, and pour it over your Pikes, and garniſh it all over with Lemmons: your more ſafe way, is, to order it after the ſame manner aforeſaid, to put him in a diſh, and bake him in an Oven; and the ſame form you put him in, you may ſhift him into your diſh you ſend him up in, and ſo lear him as before, and garniſh him with fryed bay leaves.

To roaſt Eeles.

WHen they are ſlead, cut them to pieces, about four inches long, dry them, and put them into a diſh; mince a little Time, two Onions, a piece of Lemmon pill, a little Pepper beaten ſmall, Nutmeg, Mace and Salt: It being all exceeding ſmall, ſtrow it on your Eeles with the yolks of two or three eggs, ſo mingle in the ſeaſoning all together with your hands: then having a ſmall ſpit, (otherwiſe take a couple of ſquare ſticks made for that purpoſe) ſpit through your Eele croſs wayes, and put a Bay leaf between every piece of Eel, tying your ſticks on a ſpit, let them be roaſt; you need not turn them conſtantly, but let them ſtand until they hiſs, or are brown, ſo do them on the other ſide; and put the diſh underneath (which the Eel was in with the ſeaſoning) to ſave the gravie, baſte it over with drawn Butter, put a little Claret wine, minced Oyſters, a grated Nutmeg, and an Onion, with ſome drawn butter; give it one boyl up, and diſh up your Eel with your lear over it.

To

To roaſt Porpus.

TAke a Joll of Porpus, ſtick it with Sage and Roſemary all over, and lard it very thick with the back of Pickle herring, then ſplit it if it be too big; ſplit it, ſo faſten it on your ſpit with tape, baſte it over with the yolk of an egg: and whilſt it is moiſt, ſtrow on minced Onions and Time together; boyl three or four Onions ſliced thin in a little Claret wine, and put in two or three Anchovies, and beaten Pepper; you muſt keep your Porpus baſted with butter; and when it is roaſted and brown enough; then put a ſpoonful or two of muſtard and vinegar to your aforeſaid ſawce, as it boyls, and ſhake it with a ladle of drawn butter; ſo diſh up your Porpus, and pour on your Lear; forget not to ſeaſon it with ſalt, before you put it to the fire.

To roaſt a Carp.

TAke a great live Carp, and when it is ſcaled and drawn, make a little hole in the belly, and dry up all the blood, both within and without, then take two handfuls of your aforeſaid Chewit meat, adding to it a handful of grated bread, a little cream, the yolks of three eggs, with the white of one, put to it one handful of Sugar, make it into a pretty ſtiff body, and force your Carps belly full of the ſaid meat, and put it upon a ſpit: otherwiſe you may bake it in an Oven, upon two or three croſs ſticks in a braſs diſh; when it hath been in the Oven a while, turn it, and let the gravy run into the diſh: when its enough, diſh it on ſippets, and add to the gravie of the Pike, a little Oyſter liquor, and drawn butter; let your lear be thick: ſo garniſh your Pike with ſmall fiſh fryed, and ſhell fiſh, ſo pour on your Lear.

To roaſt a Salmon whole.

TAke a Salmon and draw it at the gills, ſcale, waſh and dry it; then lard it all over with pickle Herring, or a fat ſalted Eele; take two or three handfuls of parboyled Oyſters, ſeaſon them with grated bread, a handful of ſweet herbs, four or five hard eggs, an Onion, minced all together, add to it Cloves, Mace, Ginger, Nutmeg, Pepper and Salt, mingle theſe together, and put them into the belly of the Salmon, at the gills; then lay him in an earthen pan, fit for him to lie in, on ſticks in the Oven; put therein a little Claret-wine, baſte over your Salmon well with Butter, before you put him in; and when it is enough, draw it, and thicken your Lear with your gravie that comes out with him, and ſome of the ſpawn of the Salmon boyled and beaten, or with the meat of a Crab or Lobſter, ſo pour on your Lear, with drawn Butter on the top, and ſtick it all over with toaſts, and Bay-leaves fryed: you may open his belly and take forth the Oyſters, and garniſh about him alſo; your ſafeſt way to keep him from breaking, is to turn him round in a diſh and bake him.

How to Spitchcock an Eele.

TAke a fair Eele, and ſplit him in the back cloſe to the bone, from the head to the tail, but not through the belly; ſcour him well with Salt, and waſh him, lay him up, and dry him, and cut the bone through all along the back, that it may have no ſtrength to double up the Eele, when it is on the Gridiron; then cut him (if he be large) in ſix pieces; waſh him over in the inſide with Butter, and ſprinkle on Salt, and a little minced Time; your Gridiron being very hot upon the coals, lay him on with the inſide downwards, and when he is broyled on that ſide, turn him, and let him broyl on the skinny ſide very well; ſo diſh him up, and pour all over

over him drawn Butter, Vinegar, and a grated Nutmeg, garniſh him round with Bay leaves.

There is ſome fiſh which is hard to broyl, that I have often ſeen to drop through the Gridiron, done by them who thought ſcorn to be taught; therefore I ſhall give ſome general rules for the broyling of theſe, as Whitings, Haddocks, young Codds, Herring, or Mackeril, *&c.*

For Broyling.

IN the firſt place be ſure your Gridiron be exceeding clean; ſecondly, let it be exceeding hot, and waſh the bars with butter; then let your moſt rottenſt fiſh be very dry, waſhed over with Butter, and extreamly ſalted over that; then put the back of your fiſh to the fire-ward, upon the ſalted ſide, until your Gridiron be full; then butter them over the upper ſide, and ſtrow them well with Salt, then turn them (when they are brown enough on the other ſide) and put them over a hot fire again; the fire being thus hot; and ſo ſalted, it will bind the fiſh together, ſo that it will not break; when you take them up, you may put a plate on the top of them, and turn them thereon, as you turn a Tanzie.

To broyl Flownders or Plaice.

YOu muſt ſcorch them over on both ſides, and broyl them as aforeſaid, and let your Lear be Butter and Vinegar, (or you may take a richer if you pleaſe) you may ſplit Salmon Peels, or Trouts, and obſerve this way of broyling; if you ſend the outſide upward, it will ſeem two fiſhes for one; if the other ſide upmoſt, it will ſhew handſom and yellow; ſo with a ladleful of drawn Butter, a little Vinegar and Nutmeg, is a lear for the ſaid fiſh; ſtrow it all over with Parſlee fryed green;

green; all theſe fryed and broyled fiſh, do many times help forth, for want of other diſhes in the ſecond courſe; therefore have I made mention of them to that purpoſe, by which rules you may be enabled to underſtand the nature, and how to order moſt kinds of fiſh.

How to fry a diſh of Maides.

FIrſt skin them, then half boyl them in water and ſalt, let your water boyl very fierce when you put them in, then take them forth and dry them very well, and flower them; then make a batter of about a dozen yolks of eggs, (with three whites amongſt them) a ſpoonful of flower, a little Nutmeg, Ginger and Salt; then take a handful of *Parſlee* boyled green and minced very ſmall, beat all theſe together with a little Sack, let it be a thick batter; ſet on your pan with clarified Butter, dip your Maides into your batter, and when your pan is hot, put them in, and fry them as criſp and brown as you can (do not over charge your pan) ſo done, diſh them up, and let their Lear be Butter, Vinegar, Nutmeg, beaten together, with the livers of the ſaid fiſh, ſtrow them all over with Parſlee fryed green.

To fry a diſh of Ling for firſt courſe.

WHen you boyl Ling for dinner, you muſt ſave a Joll, and at night when it is cold and congealed together, you may cut it out in Collops as broad as your thumb or finger, then having your yolks of eggs beaten, and your pan hot with clarified ſtuff, dip your Ling in your eggs, and charge your pan; (otherwiſe flower your Ling well, and fry it without eggs) then diſh up your Ling, and having about a dozen potched eggs, butter your Ling all over with drawn butter, and lay on your potched eggs upon your Ling, ſo cover it and ſend it hot to the Table; this may as well be done with Oyl to them which love it.

How

How to Frigacy or Butter Crabs or Lobſters.

TAke out all the meat in the ſhells, and break the Claws of your Lobſter, and take out the meat, mince it, or ſlice it, and put it into the other; add to it a ſpoonful or two of Claret-wine, a little Fennel minced, and a grated Nutmeg, let it boyl up, then put in a little drawn Butter, a little Vinegar, and the yolk of an egg if it be not thick enough; if there are Lobſters, you may diſh them up with ſippets round in ſaucers, on a plate, garniſh them with Fennel and Bay leaves; or you may diſh them in a diſh with ſippets: if they are Crabs, put it in the ſhell it was taken out, and garniſh it round with their Fins, ſtick them with toaſts, and to them only ſhould you add a little Cinamon and Ginger beaten in the buttering.

How to Frigacy Shrimps, Perriwinkles, Pranes, Crawfiſh, &c.

TO theſe you muſt put a little Claret-wine, an Onion or two cut in pieces, a couple or two of Anchovies, and a faggot of ſweet-herbs; ſtew them or any one of them up together with a little Ginger and Nutmeg; toſs them up with the yolk of an egg, a little Vinegar and drawn butter; you may put them into little Coffins, like Hearts or Diamonds, to garniſh a Bisk or Olue; otherwiſe to be diſhed upon ſippets, for a ſecond courſe diſh.

A Phraiſe of Cockles.

TAke your Cockles, boyl them, and pick them out of the ſhells, waſh them clean from gravel, then break a dozen eggs, with a little Nutmeg, Cinamon and Ginger, and put your Cockles therein, and beat them together with a handful of grated bread, and a quarter of a pint of Cream, then put Butter into your Frying-pan,

pan, and let it be hot, as for eggs, and put in the Phraiſe; ſupply it with Butter in the ſides of the pan, and let the thin of the eggs run ſtill into the middle, till it moves round, and when it is fryed on that ſide, butter your plate, and turn it, and put it into your pan again, and fry the other ſide brown; then take it forth and diſh it, and ſcruiſe on the ju ce of Lemmons, and ſtrow on Ginger and Cinamon, and ſend it up; you may green it with the juice of Spinnage, and cut it out into quarters, and garniſh your fiſh of either ſort; thus may you fry Pranes, Perriwinkles, or other ſhell fiſh.

How to broyl Oyſters.

SEt your great Oyſters, then take a little minced Time, grated Nutmeg, and grated bread, and a little Salt, put this to your Oyſters, then get ſome of the largeſt bottom ſhells, and place them on your Grid-iron, and put two or three Oyſters in each ſhell; then put ſome Butter to them, and let them boyl on the fire, till the lower ſide is brown, ſupplying it alwayes with melted Butter; when they are brown to your mind, then feed them with White-wine and ſome of their own liquor, with a little grated bread, Nutmeg and minced Time, ſo let it boyl up again; then add ſome drawn Butter to thicken them, and diſh them on a diſh and plate; but if you have Scollu, s ſhells, it is the beſt way to broyl them in.

To broyl Scollups.

FIrſt boyl your Scollups, then take them out of the ſhells and waſh them, then ſlice them, and ſeaſon them with Nutmeg, and Ginger, and Cinamon, put them into the bottom of your ſhells again, with a little Butter, White-wine and Vinegar, and grated bread; let them be broyled on both ſides: if they are ſharp, they ought to have a little Sugar added to them: for your matter

matter of the fiſh is ſweet; but you may do them another way with Oyſter liquor and gravy, and Anchovies, minced Onion and Time, with the juice of a Lemmon in them. I have done them both wayes, but the ſweet and ſharp is the more natural way.

How to Bake certain Fiſh.

To bake a Carp two wayes.

SCald your Carp, and ſeaſon him with a little Pepper, Cloves, Mace, Ginger and Salt; your Coffin being made fit for him; (if you have two, you muſt make your Coffin for one to turn one way, and the other another way) put therein two or three Onions cut in halves, a handful or two of Oyſters, ſeaſoned with Time, being added to the aforementioned ſpices; then put in the yolks of four or five hard eggs, with *Butter* thereon, and cloſe up your Pie; when it is baked, let your Lear be drawn *Butter* and a little gravy drawn from the meat with Claret-wine, beaten up with the yolk of an egg; put it in at the funnel of your *Pie*, ſhake it together, and ſo diſh it up; if you cut it up, you may take out the Onions; ſome do bake them ſweet, being thus ſeaſoned with Raiſons and Currans, Dates and Pruens, with a ſweet and ſharp Lear with Butter, Vinegar, Sugar, and the yolks of two or three eggs beaten.

To make an Eeele Pie.

YOur Eeles muſt be flead, waſhed, and cut in pieces as long as your finger; put to them a handful of ſweet herbs, Parſlee minced with an Onion; ſeaſon them with Pepper, Salt, Cloves, Mace and Nutmeg; and having your Coffin ready made, of good hot Butter Paſte, put all over them a handful or two of Currans,

and a Lemmon cut in ſlices, then put on Butter, and cloſe your Pie; when it is baked, add to it a Lear made with a little Vinegar and White-wine, beaten up with the yolks of a couple of eggs, and a little drawn Butter, put this in at the funnel of your Pie, and ſhake it together upon your plate.

To bake a Turbet.

YOur Turbet being waſhed and drawn, and the fins barbed round about, ſcorch him on both ſides, ſeaſon him very well with ſweet herbs, Cloves, Mace, Nutmeg, Pepper and Salt on the under ſide; ſeaſon him in the ſcorches (in the upper ſide) only with Cloves, Mace, Nutmeg, and Salt; then make your Coffin in the manner and form of a Turbet; dry him in your Oven, then take him forth, and waſh him in the inſide with the yolks of eggs, and ſtrow the bottom over with a minced Onion, and half a dozen Anchovies, then put in your Turbet, with the backſide downward; and having ſome ſmall forced-meat balls of fiſh, put round about by the ſides, and put Oyſters and the refuſe and liver all over him on the top, and the yolks of ſix hard eggs, with good ſtore of *Butter*, and put him in the Oven; ſee that you ſupply him with Butter in the Baking; let the bottom of your Oven be very hot, that he may boyl up to the top; when he is baked, make your Lear with White-wine, Vinegar, Oyſter liquor; let it be hot, and beat it up with the yolks of three or four eggs, and put it to your Turbet, ſhaking it together that it mingle with your *Butter*; put it in the Oven again for a little while, and then diſh it up; garniſh it on the top with fryed Oyſters, and ſtick it all over with toaſts, putting drawn Butter on the top; having a Cu dryed in on a bottom of a diſh, lay it on your Pie, and ſend it up.

To bake a Salmon Pie to be eaten hot.

TAke the tayl of a whole Salmon, cut off by the fins, ſo that you ſpoyl not the Joll; then cut it in Collops, quite through both ſides, Chine and all, until you have cut it down to the tail, then Butter your Collops over and Salt them, and half broyl them on both ſides on a hot Gridiron; then take them off, and having a Coffin ready, ſet and dryed in an Oven, that may be big enough to contain the ſaid Collop; and having a handful of ſweet herbs, a little Fennel, an Onion, with a handful of Oyſters, all minced exceeding ſmall, take out your dryed Coffin, waſh the bottom thereof with the yolks of eggs, and ſee that it may not run; then take a handful of the ſaid herbs (being ſeaſoned with Cloves, Mace, Ginger, Nutmeg, Pepper and Salt) and ſtrow them over the bottom of your Coffin; then lay in your greateſt Collops firſt, and ſtrow them over with your ſweet herbs and ſeaſoning; and prick on ſeaſoned Oyſters all over, with ſliced Lemmon; then lay on your ſmalleſt pieces on them, and do by them as before to the greater; ſo put on butter, and put it into the Oven, that it may boyl; then having your Lear, (with a little wine, oyſter liquor beaten in with the yolk of an egg) alſo ready to boyl, put it into your Pie, and let it only boyl up in the Oven: this done, take it out, and ſhake it together with a little drawn Butter, ſtrow it over with the yolks of hard eggs minced ſmall, and ſend it up with a Cut thereon.

To bake a Joll of Ling in a Pie.

LEt your Ling be almoſt boyled, then ſeaſon it with Pepper only (the skin being firſt taken off) ſtrow the bottom of your Coffin with an Onion or two minced ſmall, cloſe your *Pie* and bake it; then take the yolks and whites of about a dozen eggs, not boyled al-

together hard, mince them ſmall with your knife, and put them into drawn Butter, toſs them together, draw your Pie, and pour in this Lear of eggs all over, and ſhake it together: ſo put on your lid, and diſh your Pie.

Another way.

SEaſon it, and put it into the Coffin, as aforeſaid, lay on ſliced Ginger and large Mace, cloſe it up, and put a funnel thereon, put it in the Oven until the ſides and bottom be hardened, then draw it, and fill it with Oyl, ſo that it may boyl to the top of the Ling; then put it in again, and let it remain until it is baked: draw it and cut it up: beat three or four ſpoonfuls of Muſtard, with ſome of the ſaid Oyl, or others, and pour therein, ſhaking your Pie, that it may mingle all together.

To bake a Pike in a Coffin.

WHen he is waſhed and drawn, lard him with pickle Herring, mince a good handful of ſweet herbs one Onion, and a handful of Oyſters, with a little Lemmon-pill: put to them ſome Pepper, Salt, Cloves, Mace, Nutmeg: waſh over your Pike with the yolks of eggs, both the inſide and outſide, and ſeaſon him with the forementioned minced ingredients: (being before ſcorched on both ſides) then having your Coffin ready (in the form of a *Pike*) lay him in, with a little forced-meats round about him, and ſcraped Horſe-Radiſh, with a handful or two of Grapes all over him, put on Butter and cloſe him: when he is baked, lear him with White-wine, Vinegar, drawn Butter, and the yolk of an egg: put it in, ſhake them together, and let it ſtand a little while in the Oven. If you would have him richly baked, you may add Oyſters and Shell fiſh, yolks of hard eggs, Lemmon, Anchovies and gravie to your Lear.

To

To bake a Lump in a Coffin.

YOu muſt flea him, and cut all the fiſh from the bones in pieces about the bigneſs of your two fingers, ſeaſon it with minced Time, ſweet herbs, Cloves, Mace, Ginger, Salt, and a little Pepper, with a handful of grated bread; your Coffin being made, ſtrow in the bottom thereof one handful of the ſeaſoning, and put therein your Collops of fiſh; and put on them pieces of Marrow, Oyſters, the yolks of hard eggs cut in halves, with ſliced Lemmon; lay on the top of that more ſeaſoning; lay over the reſt of your fiſh, and ſupply them with the ingredients (in order) before mentioned, with a few ſmall balls of forced fiſh upon the top of them, put on butter enough to bake it, and cloſe up your Pie, and put it into the Oven, and when it is baked, put in a Lear of White-wine, Oyſter liquor, drawn Butter, and the yolk or two of an egg; cut up your Pie, or put it in at the funnel, and ſhake it about; ſo ſerve it up.

To bake Flounders or Plaice.

WHen they are drawn and waſhed, fin them, and ſcorch them, ſeaſon them with Pepper, Salt, Mace and Nutmeg, mince an Onion and ſtrow in the bottom of your Coffin, then put in your Plaice, lay on them ſome Lobſter cut in pieces, the yolks of hard eggs, and a handful of grapes if you have any, then put on Butter, cloſe your Pie, put him into the Oven and bake him; let your Lear be a little White-wine Vinegar, boyled Parſlee minced ſmall, the carkaſe of a Lobſter, drawn Butter, and the yolk of an egg, all which put into your Pie when it is baked, and ſhake it together, and ſerve it up.

To bake an Oyſter Pie.

TAke a good handful of Parſlee, Time, Winterſavoury, an Onion or two, mince them very ſmall, put to them a little grated bread, Cloves, Mace, Nutmeg, Salt and Pepper beaten, ſeaſon your great parboyled Oyſters, and put them into your Coffin; put on them ſome blanched Cheſnuts, and a Potatoe boyled and cut in pieces, with the yolks of hard eggs cut in halves; if it be not a faſting day, you may add Marrow, ſo put over it ſome ſliced Lemmon, large Mace, Butter, and cloſe up your Pie, and bake him; you muſt put them in a thin Coffin, for a little more than half an hour will be a ſufficient baking for them; when it is enough, lear it with Oyſter liquor, White-wine, the yolk or two of an egg, and drawn Butter: cut up your Pye and put it in; ſhake it together, and let it ſtand a little in the oven, and ſerve it up.

To make a Batillye of Pie of Fiſh.

YOu muſt ſet a large Coffin, cut with Battlements, and ſet forth round the Coffin, with as many Towers as will contain your ſeveral ſorts of fiſh; you may ſet it in the inſide alſo, from one bending to another, for partitions, to lay your ſeveral fiſh with their Lear aſunder; dry your Coffin well, and waſh it over in the inſide with the yolks of eggs; flower it in the bottom to ſoder it; then whatever fiſh you have prepared before for your Pye, muſt be either broyled or fryed brown; in the middle of your Pye, you may put the head of a Salmon cut off beyond the gills, forced and baked in an Oven; bake the heads likewiſe of your other fiſh, that they may ſtand upon forced meat bottoms, then diſh up all your fiſh in order, every ſort one oppoſite to another, placed in the ſeveral partitions, and having ready your Oyſters, Cockles, Perriwinkles and

Pranes,

Pranes, being boyled up in Lears (as you have been formerly taught) and thickened up with drawn butter, pour it over your fish, and garnish on your shell-fish all over, and let the forced heads stand over the battlements; if your *Pye* be full of lear, you may let it stand in the Oven to keep warm; when you send it away, pour on lear on the top, garnish it with fryed Oysters or Lemmon, or what you please.

You may make the like partitions upon a sheet of Paste in a dish, with a standing battlement set round the brims; in which partitions you may dish up all manner of shelled fish, and send them severally to the Table with their distinct lears.

To make Peteets of Shrimps or Pranes.

WHen you have made your little Coffins like Hearts, Diamonds, round, or how you please; you may fry up your shelled fish, with the yolks of eggs, Cinamon, Ginger, Nutmeg, Cloves and Mace beaten together, and when they are crisp and brown, fill your dryed Coffins with a lear made with a little Claret-wine, drawn Butter, and Oyster-liquor, beaten up with the yolk or two of an egg; so put it to your fish, and let it stand in the Oven until you dish it up.

By these rules in boyling, broyling, roasting and baking of those varieties of fish before mentioned, the ingenuous *Practitioner* may know the nature, and how to order and dress any other.

To Marrinate a Carp, to be eaten hot or cold.

TAke a large Carp, scaled, scoured and washed clean from the slime, split him through the head down the back, dry him with a cloth, sprinkle him with Salt, and flower him dry; let your pan be hot, full with oyl or clarified butter; fry him a way very crisp and brown, put him in a broad pan with as much White-

wine as will cover him, with ſome fryed Bay-leaves and Roſemary, a faggot or two of ſweet herbs, with ſome ſliced Ginger, Nutmeg, Cloves, Mace, whole Pepper, Salt, and a ſliced Lemmon; ſo you may diſh it up with ſome of the liquor, garniſh it with Bay-leaves and Lemmon, with your ſpices all over it.

To Haſh a Carp.

TAke a good male-Carp or two, ſcale and ſcrape off the ſlime with your knife; when you open them, waſh out the blood with a little White-wine, cut off the heads, then take all the fleſh from the bone, and cut it in pieces as big as the top of your thumb; you may cut after the ſame manner a fat Eele amongſt it; then take about a pint of White-wine, or Claret-wine, put to it a faggot or two of ſweet herbs, a quartered Nutmeg, Ginger, Mace, a couple of whole Onions, and two or three Cloves of Garlick; when all theſe ingredients have boyled a little while in the Wine, take them out, then add to your Wine half a pint of Oyſter liquor, a piece of Butter, and the blood of your Carp you ſaved before; and when it boyls very faſt, put in your Haſh of Carps and Eele, with about a pint of Oyſters; add to it Salt, a grated Nutmeg, and two or three Anchovies, and let it boyl as faſt as it can until it is enough, and criſp, then beat up the yolks of two or three eggs, with a ladleful of drawn Butter to thicken it, ſo diſh it upon ſippets, and ſtick it with toaſts fryed ſtiff, with fryed Oyſters over them.

A Frigacy of freſh Salmon.

TAke a tayl of freſh Salmon, and cut it out in pieces as long as your thumb, not altogether ſo thick; take ſweet Margerum, Time, Parſlee, a little Fennel, and mince it exceeding ſmall; ſeaſon it with Salt, ſmall Pepper, Cloves, Mace, Ginger, and Nutmeg beaten; put

put all theſe to your pieces of Salmon, with the yolks of eight eggs, mingle it all well together; your pan being full of liquor and hot, put it in with two or three hands, becauſe you muſt part it one from another, that it fryes not in lumps: when it begins to turn brown, and is about half fryed, put out your Butter from it, and put in about half a pint of White-wine, as much Oyſter liquor, a pint of ſet Oyſters, with a little minced Time, Nutmeg, three Anchovies, an Onion or two whole: when it is enough, beat the yolks of two or three eggs with a little of the liquor, put it in and keep it ſhaking together, let it be thick, ſo diſh it upon ſippets, and put drawn butter over it: you may garniſh it with Shell-fiſh, ſliced Lobſter, or fryed Oyſters: ſet it on the coals, and grate a Nutmeg over it: if none be offended with fleſh, you may add half a pint of gravy to this lear.

To Frigacy great Plaice or Flounders.

RUn your knife all along upon the bone, on the black ſide of your *Plaice*: then raiſe the fleſh on both ſides from the head to the tayl, and take out the bone clear; then cut it down the middle, where the bone went, and likewiſe croſs wayes, that it may be in Collops the length of half the breadth of the Plaice, about two inches broad: it being very well dryed from the water, and ſprinkled with Salt, and flowered very dry, fry it away in a very hot pan of Clarified ſtuff, ſo that it may be very criſp, take it out of the pan, keep it warm in an Oven, or by the fire: make clean your pan, and put into it a ladleful of butter, a little White-wine, and Oyſter liquor, the meat of the ſhells of a Crab or two, with about a pint of Oyſters, half of them minced, a little minced Time, a grated Nutmeg, with two or three Anchovies; let all theſe ſtew up together in your pan, then put in your fryed Plaice,

and

and toſs them up all together, diſh them on ſippets, and pour over all your Lear : garniſh them with the yolks of hard eggs minced, and ſlices of Lemmon : After this manner you may do Trouts, Salmon, *Pikes*, Mullets, Bace, or any firm fiſh : you may alſo make them green as well as yellow, becauſe of having varieties of colours, as well as taſtes at your table.

To make Chewits of Salmon.

YOu muſt firſt broyl half a dozen ſlices of Salmon cut off from the tail; when it is above half broyled, and cold, you may mince it with a handful of ſet Oyſters, and ſome Marrow; then mince a little Time, *Parſlee*, ſweet Margerum very ſmall, with a few Cheſnuts, *Piſtaches*, and a piece of a Lobſter; put all theſe together, and ſeaſon them with Cloves, Mace, Nutmeg, Cinamon, Ginger, and Salt; ſo you may fill your ſmall Chewits, and bake them in an Oven, and when they come forth, lear them with Gravy, Oyſter liquor, and a little drawn butter; this will ſerve to garniſh your Biſk *Pye*, or other boyled or baked meats of fiſh.

To broyl a Carp.

LEt your Carp be ſcaled, waſhed and ſcoured clean from the ſlime and blood, then ſcorch it on both ſides, and waſh it over with butter, and ſeaſon it in the ſcorches, with Time, Nutmeg and Salt; then put it on your Gridiron, and broyl it ſoftly over Charcoals : keep it baſting whiles it is thereon, (you may alſo broyl ſome Collops of Salmon with it) then ſet upon the coals in a ſtewing-diſh, a quarter of a pint of Claret-wine, a little Oyſter liquor, a few minced Oyſters, and hard eggs, with a handful of *Pranes* : when your Carp or Carps are broyled, diſh them up, and garniſh them with fryed Collops of Salmon, and pour on your Lear (being thick) with a ladleful of drawn butter.

To

To force an Eele.

SCour great Eeles with Salt, and flea them, with the head and part of the noſe unto the skin, then cut the bone from your Eele, and mince your Eele or Eeles very ſmall, with a handful or two of Oyſters; mince likewiſe a handful of *Parſlee* and Time, with a few other ſweet herbs, and a great Onion: ſeaſon it with *Pepper*, Salt, Cloves, Mace, Ginger, and Nutmeg: put to it a good many bits of butter, and make it up into a body with the yolks of raw eggs: then fill your Eele-skins down to the tail, and ſew them up to the head, ſew up the ſlit of the belly towards the head, and the head and neck together: fill them not too full for fear they ſhould ſwell, and break in the boyling: turn them round, as you do a ſalt Eele, and boyl them; you may afterwards broyl them if you pleaſe: and ſend them up garniſhed with Bay-leaves, for a ſecond courſe diſh: or you may cut them in pieces for the garniſhing of other fiſh; otherwayes you may almoſt boyl them, when they are firſt fleaed, and ſeaſon them with the aforeſaid ſeaſoning, but very high like a Saſſage: only add more to them ſome Sallet oyl in the mixing; fill them as before, and dry them in your Chimney: when they are enough, you may ſlice them out, and eat them with Oyl and Vinegar: you may do Salmon or other Fiſh after the ſame manner in Eele-skins.

BOOK XIV.

Contains ſeveral ſorts of hot baked Meats of fleſh.

To bake a Gammon of Bacon, to be eaten hot, with the Ingredients.

TAke a Weſtphalie Gammon of Bacon, and boyl him down, take off the skin, ſeaſon him with *P*epper, and a little minced Sage; ſtick him with Lemmon peel in the upper ſide; then having a Coffin of hot buttered paſt, (ſomething high) put him in the middle thereof; take a dozen of *P*igeons, and as many Lamb ſtones, and Sweet breads, of each: ſeaſon them with *P*epper, Salt, Cloves, and Mace; lay your *P*igeons round about the Gammon, and your Lamb ſtones, and Sweet breads round and on the top of it; Lay over it large Mace, a few ſweet herbs minced, and put on butter all over; the Gammon being tenderly boyled before, will be fully baked with the *P*igeons and ſweet breads: cloſe up your *P*ye, and let it have a gentle ſoaking; your cruſt need not be very thick for ſo much baking as your Ingredients will ask; when he is enough, let your Lear be Claret wine, boyled up with two or three Onions, a faggot of ſweet herbs, with half a handful of ſage boyled and minced, a little ſtrong broth, and drawn butter-thickened up with the yolk of an egg; when you diſh up your *P*ye, cut it open, pour in your lear, and ſhake it about, put on your lid again, and ſerve it.

To

To make a ſteak Pye of Mutton.

CUt out a Loyn of Mutton in ſteaks, cut away the chine bone as much as you can, beat them flat with the back of your Cleaver, ſeaſon them with Pepper, Salt, and minced Time, and put them into your Pye, cloſe it up, and bake it, then take half a handful of Capers, and as much Sampier, mince them with an Onion ſmall, boyl them up in a little Claret wine, put to them two or three Anchovies, a grated Nutmeg, a little gravy, ſo thicken it with the yolk of an egg, and and a little drawn butter; when your *Pye* is enough, take it out, and cut it up, and pour in your Lear all over your ſteaks; and turn them in your Pye that the lear may mingle with them.

Another way.

LEt your meat be cut forth, and ſeaſoned as aforeſaid, adding ſome Cloves, Mace, Nutmeg beaten, with an onion or two minced, ſo fill your Coffin, and put on it a handful or two of Raiſons, and ſome Cabbage Lettice, if it be at that Time of the year, and when it is cloſed and baked, take a little ſtrong broth, and White wine, with a little Vinegar, the yolk or two of an egg, and drawn butter; this beat up together for your Lear: ſo open your *Pye*, pour it in, ſhake it together, put on your Lid, and ſerve it: if you pleaſe, you may ſeaſon it only with Pepper and Salt, putting in a little Claret wine, when it is half baked, and ſo it is a good plain way, and ſavoury meat.

For a ſweet Lamb Pye.

CUt out your Loyn of Leg of Lamb, ſeaſon it in little pieces, with a little ſmall *Pepper*, ſome Salt, Cloves, Mace, Nutmeg, and minced Time; your Coffin being made, put in your Lamb, ſtrow on a handful

ful of Currans; lay over it all ſome ſmall balls of ſweet forced meat (in the winter time, take boyled *Potatoes* cut in pieces, and quartered dates, a little Orangado, and Citern; But in the Summer ſome pieces of Artichokes, Grapes, or hard Lettice,) put in ſome blades of large Mace, and cloſe up your *Pye*, let your lear be Sugar and Verjuice beaten up together, with the yolks of two eggs, and a ladle of drawn butter: put it in your Pye, when it is baked, ſhake it together, put on your lid, and ſerve it.

Another way for a ſavory.

SEaſon your Lamb with Pepper and Salt, a little Cloves, Mace, and Nutmeg, with Time minced, put into your Coffin, with a few Lamb ſtones and ſweet breads, ſeaſoned with your Lamb, with as many Oyſters, and ſavory forced meat balls, ſo put on butter, and cloſe up your Pye: let your lear be three or four Anchovies diſſolved in a little Claret wine, add a little Oyſter liquor, gravy, and a grated Nutmeg, beat it up with the yolk of an egg, and a little drawn butter; when your Pye is enough, take it out, pour in your lear, and ſhake it together.

Another way.

SEaſon it as aforeſaid, (you may put in ſome Artichokes, or hard Lettice in your *Pye* if you pleaſe), then take a little ſtrong broth, a little White wine, and chop in the tops of two or three bunches of Sparragraſs being boyled before, and ſome green boyled parſlee minced, add to this a ladleful or two of drawn butter and a grated Nutmeg: and when your Pye comes out of the oven, pour it all over the meat thereof, and ſhake it about.

To bake a Hen to be eaten hot.

PArboyl your Hen, then cut off the legs and wings as when ſhe is carved; cut off the Merry thought, and through the breaſt bone, ſo alſo the carkaſs, that ſhe may be handſome to lye in the *Pye*; break the bones, ſeaſon her with a little *Pepper* and Salt, Cloves and Mace; then put her into your *Pye*, with ſome pieces of Lamb ſtones, Sweet breads, and Saſſages, with a few Oyſters between, with hard eggs and a couple of Onions cut in halves, ſo put on butter, and cloſe up your *Pye*: when it is baked, let your lear be a little Claret wine, ſtrong broth, beaten up with the yolk of an egg, a grated Nutmeg, and drawn butter; pour it into your *Pye*, and ſhake it together.

How to bake a Hen another way.

CUt her to pieces, and let your ſeaſoning be a little *Pepper*, Salt, Cloves, Mace, minced Time, (Nutmeg) and other ſweet herbs; your Hen being thus in pieces, ſeaſon it therewith: put in the yolks of three or four eggs, and mix them up all together, then ſeaſon ſome thin ſlices of fat Bacon, with minced Sage and *Pepper*, ſo lay your meat in order into your *Pye*, with a piece of Hen, and a ſlice of Bacon, until it be all in: put over it ſome ſavory forced meat about the bigneſs of a Walnut, with a little ſliced Artichoke between; ſo ſprinkle over your meat with a handful of ſtript Barberries, put butter in your *Pye*, and cloſe it up; and when its half baked, put in a ladle of Claret wine, and ſet it into the Oven until it is enough; draw it and cut it up; if it be too thin, beat up the yolk of an egg with ſome of its own liquor; put thereon a ladleful of drawn butter, ſhake it together, and put on the lid again.

Another

Another way to bake a Hen in a patty Pan.

TAke a young Hen or two, and let them be almoſt boyled or roaſted, then take all the fleſh from the bones (but not very clean) and cut it all in ſlices, ſeaſon it with ſome Time, *Parſlee*, ſweet Margerum, and an Onion minced very ſmall, with a little Cloves, Mace, and Nutmeg beaten; then having a ſheet of fine paſt driven out for your patty pan, put your bones in the bottom, and your ſliced meat on the top; put over butter, and cloſe your patty with another ſheet of paſte: then ſet on your pan, on a few embers, and ſome coals on the Lid, by ſupplying it with freſh coals at top and bottom, you may bake it as well as in an Oven; when it is baked, take about eight eggs and break them in a diſh, and butter them on the fire; when they are thick, put to them ſome Claret wine, and ſtrong broth; add to them a handful of parſlee boyled green, and minced ſmall, ſtir all together with a ladle of drawn butter; caſt your patty into a diſh, and cut up the lid; ſtir up all the meat from the bottom, that you may take out the bones; then put in your Lear of eggs (before provided) and mingle them all together, with your knife or ſpoon; then quarter your Lid, and cut it into eight parts, and put it round your patty; then ſtick up your bones in the middle of your meat, garniſh it with quartered Oranges, and ſend it up.

To bake a Capon or Turky in a patty Pan.

TAke a cold Capon or Turky that have been roaſted before, and ſlice it thin from the bones; (preſerve your ſtraight thighs and pinnions) take alſo three ſweet breads, and as many Lamb ſtones, with two handfuls of Oyſters cut in pieces as big as a Walnut, ſeaſon your meat with Cloves, Mace, Nutmeg and Salt, with a little minced Time, ſweet Margerum and *Pennyroyal*; your

your patty pan being covered with a ſheet of paſt, lay in your bones in the bottom, ſtrow in a minced Onion; ſo lay your Capon or Turky over the bones, and on the top of that your Lamb ſtones, ſweet breads and oyſters; and between all about two handfuls of Cheſnuts blancht, ſtrow it over with Pine Apples and Piſtaches, ſo put butter on the top, and cloſe your patty, and when it is baked, put in a lear made with Claret wine, a little ſtrong broth, gravy, drawn butter, two or three Anchovies diſſolved, with a grated Nutmeg: if it be not thick enough, beat in the yolks of two eggs: Caſt your patty forth into the diſh, cut it up, pour in your Lear, and ſhake it together, Lay on ſlices of Lemmon, and cut the lid into eight parts, and ſet it up round the patty.

How to ſeaſon and bake a paſty of Veniſon.

WHen you have ordered your ſide or hanch of Veniſon by taking out the bones and ſinews, and the skin on the fat, ſeaſon it with pepper and ſalt only, beat it with your rolling pin, and proportion it for your paſty, by taking away from one part, and adding to another; your paſte being made with a peck of fine flower, and about four pound of butter, and a dozen eggs, work it up with cold water into as ſtiff a paſte as you can; drive it forth for your paſty, let it be as thick as a mans thumb, roll it up upon a rolling pin, and put under it a couple of ſheets of Cap-paper well flowred; then your white being already minced and beaten with water, proportion it upon your paſty, to the breadth and length of your Veniſon: ſo lay on your Veniſon on the ſaid white, waſh it round with your feathers, and put on a border: ſeaſon your Veniſon at the top, and turn over your other leaf of paſte, ſo cloſe your paſty; then drive out another border for the garniſhing the ſides up to the top of the paſty; ſo cloſe

it up together with your rolling pin, by rolling it up and down by the ſides and ends : and when you have flouriſht your garniſhing, and edg'd your paſty, vent it at the top : and indore it with butter, ſet it into the oven, it will ask five or ſix hours baking, according as it may be ; when its enough, draw it, and put it on your paſty plate.

Another way to bake Veniſon, to be eaten hot.

RAiſe a Coffin of hot butter paſt, it may be four ſquare ; put in your Beef ſuet ſmally minced in the bottom of your Pye, and having your Veniſon cut, ſlaſht, and proportioned for your *Pye*; ſeaſon your Veniſon with ſome Pepper beaten ſmall, with Cloves, Mace, Cinamon, Ginger and Nutmeg beaten, with a handful of Salt ; put it into your Coffin, with ſome butter on the top of it, to make it ſmooth for your Lid, and cloſe it ; this Pye muſt be of a good thickneſs ; when it is baked, take it forth, cut it up, and put in about a quart of Gallendine or Veniſon ſawce, more or leſs, as you ſee fit : ſo ſhake it together ; this *Pye* ought to have ſix hours baking, becauſe it ought to be very tender.

To make a Battlely, or Bisk Pyes in the ſpring.

YOu may make your Coffin Round, or Caſtle faſhion; you muſt take of theſe ſeveral ſorts of Meats, or Ingredients for your Pye, according to the bigneſs thereof : take four ſmall Chickens, four Pigeons, a couple of young Rabbets, half a dozen Quails, two pair of Lamb ſtones, and as many ſweet breads, three Pallets ſliced, ſeaſon them all with a little ſmall Pepper beat, Cloves, Mace, Nutmeg, Salt, and ſome minced Time : you muſt alſo have ſome Saſſages ready, with ſome ſavoury forced meat, and a handful or two of parboyled Oyſters, (unleſs it be after *April* : if in *May*, ſhell

ſhell fiſh will come in ſeaſon,) firſt take your Rabbet being cut in pieces (and ſeaſoned as aforeſaid) and put it in the bottom of your pye with ſome ſlices of Bacon; you may cut your Chickens and *Pigeons* in halves; lay on half a Chicken, then half a Lamb ſtone, then half a Pigeon, then a ſweet bread; do ſo with your forced meat Balls, ſo your others, until they are equally diſperſt one amongſt another: ſtrow on your ſliced pallets all on the top, with a handful of Oyſters or Sherdoones, with the marrow of three marrow bones, wrapt up in the yolks of eggs, and a handful or two of blanched Cheſnuts, with a few *Pine* apples and *Piſta*ches; put in three or four halves of Onions, lay butter over all, and cloſe your pye; when its enough (baked) draw it; let your Lear be White wine, diſſolve therein three or four Anchovies beat up with the yolks of eggs, and ſtrong broth, and drawn butter, cut up your pye, put it in, and ſhake it together, garniſh it with your Sprigs of paſte dryed; Now if you were to make this bisk in harveſt, then you muſt take in the ſtead of Spaniſh Potatoes, Skerrets, Cheſnuts, Oyſters, Sherdoons, with many ſuch Ingredients, which we make uſe of in the Winter, and coming in of the Spring: In the room of them we have Artichokes, Sparragraſs, Colly-flowers, Cabbage, Lettice, and many other herbs (Ingredients) which the garden doth afford; As alſo certain wild fowl do come in, as *Partridge*, Quail, Rail, *Puetts*, *&c.* And in Autumn, inclining to Winter, you have all manner of wild fowl comes in the room of your Rabbets, Chickens, *Pigeons*, and ſuch fowl as you had before; you muſt likewiſe then make uſe of all ſuch Ingredients you left off withall in the beginning of the Spring; As to pickle Roots, Cheſnuts, *&c.* ſo let Reaſon rule you to make uſe of thoſe things, as the ſeveral times and ſeaſons do produce, and you ſhall not err.

To make a Sherdoon Pye in the Spring.

THere is a thiſtle which hath a root like an Artichoke, and muſt be boyled, and ordered accordingly: when its boyled, you may ſeaſon it with Cinamon, Ginger, and beaten Nutmeg; you muſt take the marrow of four Marrow bones, ſeaſon them with Cinamon, Sugar, the yolks of three or four eggs, and grated bread. A thin coffin being ready, put in your Sherdoons, ſo wrap the marrow in the yolks of eggs, and put it into the pye, with a handful of Dates, and lay on it ſome ſliced Lemmon, large Mace, put your Butter on, ſo cloſe it, ſet it in the Oven: when its enough, draw it, cut it up, and let your lear be Sack and drawn butter.

To make a Lumber Pye.

TAke a pound and half of Beef ſuet, and as much of a leg of Veal parboyled: mince it together, then take a few ſweet herbs, as Time, Winter Savoury, ſweet Margerum, and a good handful of Spinnage: mince all theſe together with a pippin or two, and two or three handfuls of grated bread, a little Roſe water, and as many yolks of eggs, with the whites of two, as will make it into a tender moiſt forced meat: add to it a pound of Currans, ſeaſon it with Nutmeg, Ginger, Cloves, Mace, and Salt: then having your Coffin made, put it in, all about it equally, then having the marrow of two or three Marrowbones ſeaſoned with Cinamon, grated bread, and yolks of eggs, lay it on your forced meat; put on it ſliced Orangado, dryed Citern, Ringo Roots, candyed Ginger, preſerved Barberries, and Dates, put alſo Sugar to your Lumber meat, lay on butter, and cloſe it up: when its baked, let your lear be Verjuice and Sugar beaten up in two yolks of eggs: open your pye, put it in, and ſhake it: ſcrape on Sugar and ſerve it.

To

To make a diſh of Chewits.

TAke a Neats tongue that's tenderly boyled, elſe parboyled Veal, mince it, put to it as much Beef ſuet, two or three *Pippins*, about a dozen Dates, an Orangado-pill, let them be all finely minced and mingled together, ſeaſon it with *Cinamon*, Ginger, Nutmeg, *Cloves*, Mace, *Carraway* ſeeds, ſalt, and a little Roſe-water and Sack, and having your *Coffins* ready made, with a high one in the middle, and half a dozen hearts and diamonds round about, mingle your meat with a pound or two of *Currans*, or as many as you ſhall think to be enough, according to the quantity of your meat. Fill your pyes, and cloſe them, they will ask about an hours baking: when they are baked, ſcrape on ſugar, and ſend them up: you may make good minced pyes after the ſame manner, with good cleanly tripe, adding Raiſons of the Sun to your ordinary minced pyes.

To make an Ox cheek Pye.

TAke a young Ox cheek, and boyl him pretty tender; and when he is cold, ſlice him out from the bones like a haſh, put to it a handful of minced ſweet herbs, and an Onion with them, ſeaſon it with a little ſmall *Pepper*, Salt, *Cloves*, Mace and Nutmeg; put it into your *Coffin*, with a few *Pallets* ſliced and ſeaſoned, and ſome balls of ſavory forced meat, put in two or three whole Onions, with butter, and cloſe it up; when it is baked, put in a lear of *Claret* wine, Vinegar, and a little Sugar, beaten up with the yolks of two eggs.

To make a Calves head Pye.

YOu muſt cleave your *Calves* head, waſh the cheeks very well; and when its almoſt boyled, and cold, take it from the bones; cut it in pieces about the bigneſs of a great Oyſter, then take a pretty quantity of Time,

ſweet Margerum, Roſemary, Parſlee: mince them all ſmall together, and put it to your meat, with a little *Pepper*, Salt, Cloves, Mace and Nutmeg, ſeaſon ſome ſlices of Bacon cut very thin, with *Pepper* and Sage, ſeaſon alſo a handful of Oyſters with the ſeaſoning appertaining to the Calves head, your Coffin being made, put in your meat, with the Bacon and Oyſters all over it; ſlice on Lemmon, and put on a handful of Barberries, with butter over it, ſo cloſe your *Pye*; make a lear with a little gravy, drawn with Claret wine, and beaten up thick with two yolks of eggs, and a little drawn butter: when it is baked, cut it up, and pour your lear all over: put on your lid and ſerve it up.

To make a Neats Tongue Pye, to be eaten hot.

TAke a couple of Neats Tongues, and almoſt boyl them, then blanch them, and cut out the meat at the butt ends, as far as you can, not breaking it out of the ſides; put a little ſuet to the ſaid meat you cut out, a few ſweet herbs, and Parſlee, minced altogether very ſmall, ſeaſon it with a little *Pepper*, Salt, Cloves, Mace, Ginger, and a handful of grated bread, a little Sugar, and the yolks of three or four eggs; mould it up into a body, ſeaſon your tongues in the inſide, and outſide, with your ſeaſoning aforeſaid, and waſh them within with the yolk of an egg, and force them, where you cut forth the meat, and make ſmall forced meat balls of the Reſidue: then having your Coffin made in the form of a Neats tongue *Pye*, lay them in, with the balls round them: put on Dates and ſliced Lemmon, with butter on the top, cloſe it up: when its baked put in a lear of a thin Gallendine or Veniſon ſawce, ſhake it together and ſend it up.

To make a Chicken Pye for the Winter.

TAke half a dozen, or eight ſmall Chickens: when they are ſcalded, drawn, and truſs for baking, ſeaſon them with Cloves, Mace, Nutmeg, Cinamon, and Salt; wrap up part of the ſeaſoning in butter, and put it in their bellies: your Coffin being made, lay them in, put over and between them, ſome pieces of marrow, quartered Dates, pieces of Spaniſh Potatoes boyled, with a ſliced Lemmon, and half a handful of Barberries ſtript, ſo put on butter, and cloſe up your pye; let your lear be made with White wine, Sugar, a grated Nutmeg, and beaten up with the yolk of an egg, and a little drawn butter; when your pye is ready, cut it up, and pour it over; ſhake your pye well together, and cover it, you may put Suckets and Cheſnuts in it if you pleaſe.

Another way.

WHen you have truſs, and ſeaſoned your Chickens with Pepper, Salt, Cloves, Mace and Nutmeg beaten, mince a good handful of Parſlee, a little Time, and wrap it up in a piece of butter, with ſome of the aforeſaid ſeaſoning, and ſtuff the bellies of your Chickens; ſo lay them into your Coffin prepared for them, ſtrow over them ſome Lemmons cut like dice, and half a handful of grapes, with ſome pieces of boyled Artichokes, and hard Cabbage of Lettice, ſo put butter on it, and cloſe it up; when it is ready, put in a lear of White wine and gravy, beaten up thick with a little drawn butter, and the yolk of an egg, and a grated Nutmeg, ſhake it together, and ſerve it up.

Another way.

YOur Chickens being ſeaſoned as aforeſaid, you may if you pleaſe cut them in halves or quarters, and

Put them into your Coffin; ſo may your pye be the larger, and the lower when its baked (plain) take a little Verjuice, White wine, and a handful of parſlee boyled green and minced, with a bunch or two of Sparragraſs boyled, and cut in pieces an inch long: when your Lear boyls, put this all in together with ſome ſliced Artichoke, grated Nutmeg, a little Sugar, and drawn butter; beaten up thick with the yolk of an egg; when your pye is ready, pour your lear all over your Chickens, and ſhake it together, thus you may bake Rabbets.

To make a Calves foot Pye.

YOu muſt boyl and blanch your Calves feet, and when they are cold, mince them with half the quantity of beef ſuet, with a handful of good ſweet herbs, *Parſlee* and Spinnage minced, put to them a good quantity of Currans, ſome Cloves, Mace, Cinamon, Ginger, Nutmeg, Sugar and Salt, with a little Roſe water; your Coffin being ready, put in your minced meat, put over it Dates, ſliced Lemmon, and a little Butter, cloſe it, and bake it; when its enough, let your lear be Verjuice, Sugar, grated Nutmeg, beaten up with the yolk of an egg, with a little Roſe water, put it into the pye through the funnel, and let it ſoak together in the Oven until you ſerve it up.

To make an Olive Pye.

CUt thin collops off a piece of the butt end of a leg of Veal, as many as you judge will fill your Coffin: hack them very thin with the back of your knife, ſeaſon them with a little Pepper, Salt, Cloves, Mace, Nutmeg and Ginger, waſh over your Collops on the upper ſide with your feathers dipt in the yolks of eggs; then mince a good handful of all manner of ſweet herbs, eſpecially, Time and *Parſlee*, with ſome Spinnage; mince

mince likewiſe as much Beef ſuet very ſmall, put to it a good handful of Currans, the yolks of about eight hard eggs minced, with a little Orangado, ſeaſon all this together, (as you did the Collops) ſprinkle it with Roſe water, and put it on your Collops: ſo roll them up very hard with the forced meat within them, and lay them in your Coffin, ſtrowing your forced meat that is left, all over it; then according to the ſeaſon of the year you may put on Artichoke bottoms, hard Cabbage Lettice, or Endive ſcalded, elſe Cheſnuts or Dates: put butter on your pye, cloſe it, and bake it: let your lear be White wine, Verjuice and Sugar beaten up with the yolk of an egg, and drawn butter, put it in at the funnel when your pye is enough, and let it ſtand in the Oven until you ſend it up.

To make an Artichoke Pye.

BOyl the bottoms of about eight or ten Artichokes, ſcrape them, and make them clean from the core; ſeaſon them with Cinamon, Sugar, Nutmeg, Salt, with a little ſmall Pepper; take the Marrow of four Ox-bones, ſeaſoned with the like ſeaſoning, (except Pepper) lay your Artichokes in the Coffin prepared, then lay your Marrow all over them, being wrapt up in the yolk of an egg, and grated bread, that it may not melt; you may alſo boyl the ſtalks of your Artichokes (near the bottoms) and ſeaſon the pith thereof, as aforeſaid, cutting them about three inches long, and put them in with your Marrow, and put amongſt it quartered Dates, ſliced Lemmon, and large Mace, ſo put on Butter and cloſe your Pye; let your lear be White-wine, and Sack, with a little Sugar, beaten up with the yolk of an egg and drawn Butter; when it is enough, put it in at the funnel, ſhake it together, ſcrape on Sugar, and garniſh it, and ſend it up.

To make a Skerret Pye.

BOyl your biggeſt Skerrets, blanch them, ſeaſon them with Cinamon, beaten Nutmeg, Ginger and Sugar; your Coffin being ready, lay in your Skerrets; ſeaſon alſo the Marrow of three or four bones, with Cinamon, Sugar, a little grated bread, with the yolks of three or four raw eggs, put on your Marrow, with the yolks of eight hard eggs cut in halves, a handful of blanched Cheſnuts, and a few quartered Dates; lay Butter over your *Pye*, and cloſe it; let your lear be Butter, Vinegar, and Sugar, with a little Sack, and the yolk of an egg; when your Pye is baked, put it in, ſhake it together, ſo ſcrape on Sugar, and garniſh it.

To make a Potato Pye.

BOyl your Spaniſh Potatoes (not overmuch) cut them forth in ſlices as thick as your thumb, ſeaſon them with Nutmeg, Cinamon, Ginger, and Sugar; your *C*offin being ready, put them in, over the bottom; add to them the Marrow of about three Marrow-bones, ſeaſoned as aforeſaid, a handful of ſtoned Raiſons of the Sun, ſome quartered Dates, Orangado, *C*ittern, with Ringo-roots ſliced, put butter over it, and bake them: let their lear be a little Vinegar, Sack and Sugar, beaten up with the yolk of an Egg, and a little drawn Butter; when your pye is enough, pour it in, ſhake it together, ſcrape on Sugar, garniſh it, and ſerve it up.

To make Marrow Paſties to fry.

TAke the Marrow of four bones, throw it into a Baſon of water, and let it drain in a *C*ullender; let the pieces be as big as the top of your thumb, put them into a deep diſh, with the reſt of your ſmall Marrow; mince a little Orangado, *C*ittern and Dates exceeding ſmall; take two handfuls of grated bread, and put

put it all into the diſh to your Marrow, with about a ſpoonful or more of Sugar: ſeaſon it with a good quantity of beaten *Cinamon*, Salt, a grated Nutmeg, and a little Ginger, with a little Sack and Roſe-water; break to it the yolks of half a dozen eggs, ſo mix it altogether; if it be too thin, put it on the coals, keeping it ſtirring with a ſpoon, that the eggs may congeal it together, take it off the coals; your paſte muſt be made with fine flower, cold butter, and yolks of eggs: make it very rich, then drive out thin ſheets, put them on papers, and lay on your Marrow in pieces, that your *Paſty* may be four or five inches long, and three or four inches broad; then lay on of your grated bread, and your other ingredients, over all your Marrow, to congeal it together; waſh it in the cloſing with yolks of eggs, turn over your ſheet, and cloſe him as you do a *Paſty*, Jagging of him round with your Jagging-iron, ſo do by the reſt: mingling your Marrow, eggs and bread proportionably together; your pan being ready, full of *Clarified* ſtuff, when it is hot prick your Paſties, and put them into your pan, holding it high from the fire, becauſe they are apt to burn; they ought to boyl at the top, as well as at the bottom, and to be turned two or three times in the frying; when they are enough, take them up with your ſlice, and place them on your plate; (ſix or eight will make a fair diſh) ſcrape on Sugar and ſerve them up. After this way you may do it with ſlices of Artichokes cut thin, in the bottom, under your Marrow, and at the top likewiſe: the ſame may be done with *Potatoes* in the Winter.

To make egg Pyes.

YOu muſt make your paſte pretty rich with the yolks of eggs, your butter muſt be melted, and well mixed with your flower and eggs; your water to bring it into a paſte muſt be hot, but not boyling hot,

hot, ſo make it up into a pretty ſtiff *Paſte*; you muſt drive it out into borders, and cut your ſets even at the bottom, and jagg it in the edges, then ſet it round on a bottom, that it may contain in the inſide the bigneſs of a Gooſe egg, and about the height of four inches; about a dozen or ſixteen will make a handſom diſh; Jagg them round at the foot, when they are ſet to the bottom, then take the yolks of about twenty eggs boyled hard and minced very ſmall, with a little Orangado, Cittern and Dates likewiſe minced, put it into a diſh, with the yolks of about ſix eggs, and the whites of three, beat it all together with half a pint of Cream, and let there be another pint heating on the fire, and when it is almoſt ſcalding hot, beat it in by little and little into the afore-mentioned Compoſition; if it thickens too much, add more Cream, ſeaſon it with Roſe-water, Sugar, Cinamon, Nutmeg and a little Salt; put a little Marrow into all your *Pyes*, and ſet them in the Oven, ſo fill them with a little ladle; let your ſtuff be ſo thin, that it may run like a *Pancake*-batter; they will ask about a quarter of an hours baking; when you diſh them, ſtick them with Cittern, and ſtrow them over with ſmall Biskets, ſcrape on Sugar and ſend them up. Note, that the Coffins muſt be dryed a little in the Oven before they are filled.

To make a Trotter Pie, and Taffatie-Tarts.

YOu muſt make a Coffin with hot buttered paſte, about the heigth of the Crown of a hat, and as ſmall in circumference, fill it with ſliced *Pippins*, cloſe it without Sugar; if you miſtruſt it will fall, pin a paper about it, and put it in the Oven a baking; you muſt roll out ſheets for your Taffatie-Tarts, with ſuch paſte as you had for your Marrow Paſties; it muſt be exceeding thin, and four ſquare; your Apples may be cut throughout your Pippin, as thin as you can cut them, paper your

your ſheets of paſte, and lay on your Apples in one end, only leave a place to cloſe; lay on the ſlices of your Apples in the form of a little ſquare Trencher in length, but not in breadth by two inches; ſtrow on a little Orangado, or minced Orange-pill, between every laying of Apples, build them up about four ſtories high, after the ſame manner: lay on the top thin ſlices of Orangado and Cittern; cover them flat over with powdered Sugar, and wet them with your wetting-bruſh round in the cloſing; then turn over your ſheet of paſte, as you do a *Paſty*, and cloſe them firmly; jagg them ſquarely off at the ends and ſides, as many as you make; prick and indore them with Butter, ſo bake them in a moderate Oven; when they are almoſt baked, you may take them out, and ice them if you pleaſe; when your *Pye* is enough, take him forth, put him on a plate, and cut up the lid, put in Butter, Roſe-water and Sugar; when he is diſhed, put round about him your Taffatie-Tarts, then hang three Eſſes of paſte on your Pye, and put on them a cut garniſh; you may garniſh your Tarts with dryed Cittern, Orangado, or what other preſerves you pleaſe; ſcrape on Sugar, and ſend them up.

To make an Orangado Pye.

YOu muſt make a handſom thin Coffin, with hot buttered paſte, then ſlice your Orangado and put over the bottom thereof; quarter ſome Pippins and cut them in halves, ſo that it may be cut in eight parts, and lay them over your Orangado; then put on more Orangado on the top of them, and pour on them ſome ſirrup of Orangado, and Sugar on the top, ſo cloſe your Pye; when it is baked, ſcrape on Sugar, and ſerve it up.

Another

Another way.

YOu may make your *Paſte* with fine flower, and a few yolks of eggs, and a little Milk ready to boyl; work up your flower and eggs together, and bring it afterwards into a ſtiff paſte with your Milk; roll it out in ſheets, and cut out your Patterns four ſquare, let them be about twelve inches long, and ſix inches high, roul them thin by degrees from the foundation upwards, and cut Battlements on the top; then with your irons, or pen-knife, you may carve them in what garniſh, form or faſhion you pleaſe; but in all the Tower, from the foundation, *&c.* you muſt carve it; then bring up your pattern to a circumference, cloſe it together, and ſet it on a bottom, ſo it will be like a Tower; you may make as many as you will in the form thereof, with an high one in the middle, that it may be after the likeneſs of a Caſtle; then dry them in an Oven, put them on a diſhing-plate; you may put what ſuckets and ſweet meats you will within, but hang and garniſh it in every one of your cuts and holes, and on all your Battlements, with Orangado cut in pieces, ſo garniſh your diſh with ſweet meats and ſuckets.

A hot baked meat of compounds.

TAke part of a leg of Lamb, and cut it into thin ſlices, make forced meat of the other part of it; then take two or three Chickens, and as many *Pigeons*, cut them in pieces, alſo take Quails, Larks, or other ſmall fowl; ſeaſon it all ſeverally by it ſelf, with a little Pepper ſmall beaten, Cloves, Mace, Nutmeg, and Salt; take likewiſe a handful of ſweet herbs and Parſlee, a little Beef-ſuet, and a handful of Currans, mince all theſe finely together, with a handful of grated bread; ſeaſon them as the meat, aforeſaid, and knead them up with a little Butter into a ball; your aforeſaid collops being opened,

opened, ſpread it on them, and roul them up into little Collers; you may make a *Pye* in the faſhion of a Battalia, or a round Pye very large, but not high, then diſtribute all your *Lamb* in the bottom of your *Pye*, with your pieces of Chickens and *Pigeons* betwixt your Collops, and lay over that your Larks and Quails, *&c.* with your forced meat balls as big as a Walnut, between your fowl, as alſo the bottoms of Artichokes boyled, Sparragraſs, *Lettice* or Grapes, in the Summer ſeaſon; otherwiſe, Cheſnuts, Dates, Skerrets, Potatoes, Pine-Apples, *Piſtaches*; ſeaſon ſome thin ſlices of Bacon with Pepper, Nutmeg, Time, and a little Sage, and put it all over your Pye in the vacant places; alſo ſome Lamb-ſtones, ſweet-breads, Marrow, and the yolks of hard eggs; you may take but a few of all theſe ingredients, leſt your Pye be very big: put Butter on your Pye, cloſe him and bake him; for your Lear, diſſolve two or three Anchovies in White-wine, a little ſtrong Broth and Gravy, with a grated Nutmeg, and a little drawn Butter beaten up, with the yolks of two eggs; when your Pye is baked, put in your Lear and ſhake it together; if you pleaſe, you may put Oyſters in it; this is a baſtard *Bisk* Pye.

To make a Pigeon Pye.

TRuſs your Pigeons to bake, and ſet them, and lard the one half of them with Bacon, mince a few ſweet herbs and Parſlee, with a little *Beef*-ſuet, the yolks of hard eggs, and an Onion or two; ſeaſon it with Salt, beaten Pepper, Cloves, Mace, and Nutmeg; work it up with a piece of Butter, and ſtuff the bellies of your *Pigeons*, ſeaſon them with ſome Salt, ſmall *Pepper*, a little Cloves, Mace, and beaten Nutmeg, take alſo about four ſweet-breads, as many Lamb-ſtones, ſeaſoned as aforeſaid, with a few ſlices of Bacon, (but omit Salt in your Bacon) you may make a round Coffin, and put

in

in your *P*igeons, and your Lamb-ſtones, ſweet-breads and Bacon, between and about them, you may put in alſo Artichoke bottoms, or what other dry ingredients of that nature, becauſe your Pie is of a luſcious fat; put Butter in your *P*ie, and cloſe it up; you may put in a little White-wine, beaten up with the yolk of an egg when it comes out of the Oven, for your Lear.

Another way.

WHen they are truſſed, ſeaſon them with Salt, a little ſmall Pepper and Nutmeg; put in their giblets, with ſome Butter, ſo cloſe up your Pie, and bake it; then take up a good handful of Parſley boyled up quick and green, an handful of ſet Goosberries and Grapes, half an handful of boyled Barberries, two or three bottoms of boyled Artichokes ſliced; let your Parſley be minced ſmall; put all theſe together into a Pipkin, with a quarter of a pint of White-wine and ſtrong Broth; put to it a Ladleful or two of drawn Butter: when your *P*ie is baked, cut it up, and pour your Lear all over, ſhaking of it well together: in the Winter you may uſe *P*otatoes, or Skerrets in this *P*ie.

To make a Kid Pye.

TAke a Kid, and take out moſt of the bones, preſerving the meat in form; what bones you take not out, break them, then ſet your Kid, and lard him with Bacon; beat him down, that he may lie as low as poſſible, with his back upwards in the *P*ie, then ſeaſon him with a little Salt, Cloves, Mace, Nutmeg, Cinamon, and minced Time; proportion a Coffin according to his form, and lay him in; in the Winter time take Spaniſh *P*otatoes half boyled, and ſliced Dates, Raiſons of the Sun ſtoned, and put all over him, with a few preſerved Barberries, a little Orangado and Cittern, lay on ſome large Mace and Butter, and cloſe it up; make your Lear of

of a quarter of a pint of White wine, as much Sack, boyled up with a little Cinamon, Nutmeg, grated bread, two or three ſpoonfuls of Ver juice, a little Sugar, with a ladleful or two of drawn Butter; when your Pye is baked and diſhed, cut it up, and pour on this Lear, ſhake it together, and ſerve it up.

Another way.

WHen you have truſſed, boned, and larded him, as aforeſaid, ſeaſon him with Salt, ſmall Pepper, Cloves, Mace, Nutmeg and minced Time, put him into a Coffin, and lay Butter thereon, cloſe him and bake him; then take a quart of ſet Oyſters, dryed with a cloth, flowered and fryed brown: then put out the Butter they were fryed in, and put to them half a pint of White wine, half a pint of their own liquor, an Onion minced exceeding ſmall, with a little Time, a grated Nutmeg, and a handful of green *Parſlee*, boyled and minced, with a few Barberries; when it boyls up together, beat it thick with the yolk of an egg, and a ladleful of drawn Butter, diſh up your Pye, and cut it up; pour on your Lear, with your Oyſters all over your Kid, ſo put on your lid and ſerve it up; this will ſerve towards, or in the Spring: the other ſweet way in *December*, or when Kids are very young.

Two other wayes.

YOu may cut a quarter, or what you pleaſe out in ſteaks, and ſeaſon it with ſweet ſpice, as Cinamon, Cloves, Mace, Nutmeg, Ginger, adding a little Salt, and bake it with fruit or ſuckets, as Raiſons, *C*urrans, Dates, Orangado, Cittern, *&c.* your Lear muſt be Ver-juice, White wine Vinegar, Sugar, beaten up with two yolks of eggs.

If you would have it baked ſavoury, ſeaſon it with Pepper, Salt, Cloves, Mace, Nutmeg, and minced

Time; let your Lear be a little ſtrong Broth, White-wine, gravy, and drawn Butter, with a handful of Oyſters minced; if you pleaſe, you may put in a handful of boyled Parſlee minced alſo.

To make a Paſty of an old Goat.

TAke the hind quarter of a fat Goat, bone and skin it, cut it with your knife four ſquare, fit for a Paſty: beat it well with a Rolling-pin, ſeaſon it with Pepper, Salt, minced Time, and Nutmeg, (let it look gray with Salt) then let it ſoak all night in its ſeaſoning, with Red-wine, or Claret, then bake it as you do a Veniſon *Paſty*, with minced Beef ſuet: then break the bones all to pieces with a Cleaver, and put to them into a Pipkin, with ſome other pieces of meat, and put to them a pint of Claret-wine, and a little ſtrong Broth, and cover your Pipkin cloſe with a ſheet of courſe paſte, and bake them in the Oven with your *Paſty*; when your *Paſty* is very tender, or enough, draw it and ſet it on a diſh, and plate, and fill it with your liquor poured from your bones out of your *Pipkin*, and ſend it up: it will not be known from Veniſon, by the generality of men, either in taſte or colour.

To make a Lamb-Paſty.

BOne your Lamb, skin it, and cut it forth four ſquare in the manner of a *Paſty*: ſeaſon it with Salt, *Pepper* beaten ſmall, Cloves, Mace, Nutmeg, and minced Time: let your Paſte be rich cold buttered Paſte: lay your Lamb upon minced *Beef*-ſuet, and put on an high border about it, then turn over your ſheet, cloſe, finiſh and bake your Paſty; when it is baked and drawn, put in a Lear of White-wine, Sugar, Vinegar, beaten up with the yolks of two or three eggs; if you would have it ſavoury and not ſweet, add the more ſpice in the ſeaſoning, and let your Lear be only gravy, or the baking of

of bones, and ſome meat, in Claret wine, as before: this you may obſerve in all other baked meats, betwixt the Lears of ſweet and ſavoury.

To bake a Fawn, or young Roe.

YOu muſt bone him, ſet and lard him with Bacon, ſeaſon him with a little ſmall Pepper, Salt, Cloves, Mace and Nutmeg: then you may make a Coffin according to the form of a Roe: or you may ſet your border round about him, head and all being proportioned, and ſo cloſe it on the top of the back, or where the ridge-bone of your Roe ſhould be: elſe do it after your own fancy, (for that is not my work intended) when it is baked, cut it up, ſo as you may put in your Lear, and cloſe it handſom again: let your Lear be Claret wine, grated bread, a good quantity of beaten Cinamon, Vinegar and Sugar boyled up together; put in a ladleful of drawn Butter, and pour it all over your Fawn or Roe, and ſhake it together: let not your Lear be ſo thick that it will not run over your meat; if you would have it ſavoury, you muſt bake your bones with Claret wine, and ſo fill it as before directed.

To make Paſties of Pies to fry.

YOu muſt order your Rice, and ſeaſon it as aforeſaid, then drive out thin ſheets of cold Buttered Paſte; and lay on a ſpoonful of Rice: It muſt not be ſo thin as to run it ſelf, but put it all abroad ſquare about four inches in breadth, and five inches in length: then having the Marrow of two bones, cut in pieces, about the bigneſs of a Nutmeg, ſeaſoned with Cinamon and Nutmeg, mingled with the yolk or two of an egg: ſtick this on your Paſty all over your Rice, then lay on another ſpoonful of Rice all over your Marrow, waſh it round about with the yolks of eggs, and cloſe your Paſty, Jagg it round: you may make a dozen or twenty

in a diſh, or what number you pleaſe; and fry them in a Kettle, or pan full of ſtuff, as you fry Fritters: remember to prick them, and fry them very ſoberly, that the Marrow may be fryed through, yet not burned: ſtick them with Lozenges, or ſprigs of *Paſte*, ſcrape on Sugar, and ſerve them for ſecond courſe.

BOOK XV.

Contains all manner of Tarts, and made diſhes.

How to make a Bacon Tart.

YOu muſt take ſome fat clear Bacon that is not ruſty, and ſcrape it with your kniſe, until you have the quantity of a pound or upwards, throw it into fair water: after its well ſoakt, drain it out, and put it in a ſtone morter, and beat it with a wooden peſtle; then put to it ſome Orangado, and dryed Cittern ſliced; put to it ſome Roſe water, two handfuls of grated bread, eight eggs, caſting away four whites; a pint and half of cream; ſeaſon it with Sugar, Cinamon, Ginger, Nutmeg, and a little Salt; beat it all together well, and when your coffin, or coffins are made, and a little dryed in an Oven, you may put it in and bake it, and ſerve it up, with a cut, and Wafers on it.

To make an Almond Tart.

TAke about one pound of ſweet Almonds, being blanch't, and watred for a while, beat them in a ſtone Morter, with a little Roſe water, and when they are well beaten, beat them in again with a little cream, and put on about a quart of cream on the fire, and put them therein; keeping them ſtirring that it doth not burn

burn to : let them boyl (with three or four ſticks of Cinamon, large Mace, and a grain of musk tyed with a thred) until it grows thick, then take it off the fire, and beat in the yolks of about ſix eggs, with the whites of three; ſo ſeaſon it with Sugar, a little Orangado ſliced, and *C*ittern ; your coffin or diſh being ready, put it in, and bake it.

To make a Pine apple Tart.

BEat two handfuls of Pine Apples, with a pricked Quince, with the palp of two or three Peppins, when they are well beaten, put to them half a pint of cream, a little Roſe water, the yolks of half a dozen eggs, with a handful of Sugar, if it be thick you may add a little more cream to it : ſo having your thin low coffins for it dryed, fill them up : and bake them : you may garniſh them with Orangado, or Lozenges : of Sugar paſte, or what elſe you pleaſe.

Another Tart of Piſtaches.

YOu muſt beat your *P*iſtaches Kernels (about the quantity of two handfuls) in a morter, with the quarters of about four Pear-mains, adding to them a preſerved Quince , preſerving all the Cock treads of your eggs, and eight yolks, with almoſt a pint of cream, mingle it altogether well in a morter, with Sugar and Roſe water perfumed with Amber-greaſe, and Musk, remember that your quarters of *P*ear-mains, were firſt boyled, before mixt with the reſt of your Ingredients : it muſt be filled into thin ſhallow coffins, about two Inches high : you may either fry or bake them, otherwiſe you may bake them open: your coffins being dryed, you may ſtick them over with ſliced Piſtaches, ſo ſcrape on Sugar.

To make a Spring Tart.

YOu may gather the leaves of Primroſes, Violets, Strawberries, with a little young Spinnige, or all

other buds that are not bitter, boyl them in a little milk, then put them forth into a Cullender, and preſerve your milk for another uſe: chop your herbs very ſmall, and boyl them up again in cream: take as many yolks of eggs, with two or three whites, as will make your cream into a thick body, after it is off the fire: if it be not thick enough with your herbs: put in a handful of grated Naple Bisket, colour it all green with the juice of Spinnage, ſeaſon it with Sugar, Roſe water, Cinamon, Nutmeg, and a little Salt: you may bake it in a diſh, on a ſheet of paſte croſs-barred over, with puff paſte, ſo garniſh it with Lozenges.

To make a Cowſlip Tart.

YOu muſt take the bloſſoms, of at leaſt a Gallon of Cowſlips, mince them exceeding ſmall, and beat them in a morter, put to them a handful or two of grated Naple Bisket, about a pint and half of cream, ſo put them into a skillet, and let them boyl a little on the fire, take them off, and beat in eight eggs with a little cream, if it doth not thicken, lay it on the fire gently until it doth, but take heed it curdles not, ſeaſon it with ſugar, Roſewater, and a little ſalt; you may bake it in a diſh, or little open Tarts, but your beſt way is to let your cream be cold before you ſtir in your eggs.

To make a Cheeſe Tart.

TAke about three quarters of a pound of old Cheeſe of Parmyzant, and grate it: put it into a ſtone morter: with about a dozen eggs: caſting away ſix of the Whites: put therein half a pound of ſweet butter melted, with ſome Ginger, Cinamon, grated Nutmeg, and Salt: with a penny Manchet grated: ſeaſon it with Sugar, and Roſe water: then beat into it ſo much Cream, that it may be as thin or thinner, then batter for Fretters, you may make it in a diſh on a ſheet of paſte, otherwiſe

wiſe you may dry your Coffins and put it in with your Ladle: and put over it croſs bars of puff paſte, ſo bake it, and garniſh it.

To make a Prewen Tart.

STew a pound and a half of Prewens, in as much Claret wine as will cover them, and when they are tenderly done, ſtrain them through a bolter or thin ſtrayner, rub them all to pieces with your hands, and pour in ſome of the liquor they were ſtewed in to waſh the Prewens from the ſtones; ſo that which remains in the bolter, or ſtrayner, ſhall be nothing but the skin or ſtone thereof; ſet your diſh with the palp of the Prewens, on a Chaffin diſh of coals, with a little whole Cinamon, Large Mace, with a little Orangado and Cittern minced ſeaſon it with Sugar, Roſe water, beaten Cinamon and Ginger, let it boyl up until it be thick together: then take out your whole ſpice; you muſt make your Coffin about an inch and half high. And ſet it in corners, in what form you pleaſe, either in ſix, eight, or twelve; when its dryed in an Oven put in your Tart ſtuff, plaining it all over with a ſpoon, put it into the Oven, and let it ſtand a little; when you take it forth, ſtick it with Sugar, Lozenges, and ſtrow it over with ſmall Biſket red and white, ſcrape on Sugar.

To make Cheeſe Cakes.

PUt Runnet to three Gallons of Milk; that it may be a tender Curd; run it through a thin ſtrayner, when its come and gathered, ſcruiſe, or preſs out the Whey, as well as you can poſſible, put it into a deep diſh, or baſon, put to it about a pound of ſweet butter melted, a matter of fourteen eggs, caſting away half the whites, ſeaſon it with Cinamon, Ginger, Cloves, Mace, Nutmeg, Sugar, ſufficient to ſweeten it, with a little ſalt; with Orangado, and Cittern minced, with Roſe water, and

a handful of grated bread or Naple Biſket, mix it all well together, if it be too ſtiff, add a little ſweet Cream, let it not be too thin to beat down the ſides of your Cakes; then make your paſte with the yolks of eggs, melted butter, and warm milk with a handful of fine powdred Sugar; roll out your paſte very thin, and jagg out your patterns, by a large round Trencher; and paper them; then put on your ſeaſoned Curds by ſpoonfuls; and turn up the ſides on it in four, ſix, or eight Corners, bake them in a quick oven, but not too hot, they will ask but a quarter of an hours time baking: you may bake them on ſheets of paſte in a pattee pans, elſe in ſet Coffins.

To make a diſh of Puffs.

TAke Cheeſe Curds, as before, to the value of three pints, mix with them a good handful of flour dryed in an Oven, put to them ſix eggs, caſting by the whites of four, with about a quarter of a pound of butter in little bits, ſeaſon them with Cinamon, Ginger, and a little Salt; mix them together with your hand very well; then take white paper buttered over, ſo lay on your curd by ſpoonfuls; bake them in an oven, as before; when they are enough, take them off the papers, put them into a diſh; and waſh over their upperſide with butter, ſcrape Sugar upon them, and ſet them into the oven again; and when they are well dryed, put into them Roſe water, drawn butter and Sugar; ſo toſs them up together, then diſh them up, and put to them the ſaid lear, and ſcrape Sugar over your diſh; you may alſo make them green; another way; throw a handful of ſpinnage into boyling water, that it may be very green, take it up, and wring the water clean out of it, mince it exceeding ſmall; and put it to your curd, ſeaſoned as aforeſaid, ſo bake them and ſerve them up as before.

To bake a ſet Cuſtard.

YOu may make your Cuſtard paſte of fine flour, and put in the yolks of a few eggs; but let them be well mingled; then make up your paſte (with milk almoſt ready to boyl) let it be very ſtiff; and mould it very well; then drive forth your pattern; let your border be very thin, raiſed about three inches high, and when it is footed round cut off your border; (if you make a great Cuſtard, you may raiſe two large borders) drive out your bottom very thin; and when it is papered, form your Cuſtard upon it, in the beſt faſhion you can; then wet it round with a feather, between the bottom and foot, and ſet it; jagg off the Paſte round by the foot, and prick your Cuſtard in the bottom; then take a pottle of Cream, and let it heat on the fire; beat a dozen of eggs with a little Cream, and ſtrain it through a ſtrainer, to take forth all the Cock treads; then beat it into your Cream, being blood-warm; you may put Raiſons, Dates and Currans in the bottoms of your Cuſtards, and put them into the Oven to dry; then ſeaſon your ſtuff with Sugar and Roſe-water, and ſtir it together on the fire, but let it not be but little more than blood-warm; ſtir it together, and fill your Cuſtard with your ladle: with this ſtuff you may make Dowcets; this is only to teach them which are ignorant, for every Cook is expert in this, and commonly make their Paſte with boyling water and flour: take heed your Oven be not too hot.

To make Tarts of the Jelly of Pippins.

FOr making of your Jelly of Pippins, you muſt take of your faireſt Apples, pared, quartered, and cored, for every pound of them, take three quarters of a pound of fine Sugar, put them into a ſtew-pan, and almoſt cover them with clear Spring-water, put to them three

three or four ſticks of Cinamon, cover your pan very cloſe with a lid, ſet them upon Charcoals, and let them boyl up ſoftly, until they come to a colour; ſee that your fire be not too fierce, and ſtir them ſometimes that they do not burn; when they are enough, they will look as red as *R*uby, and clear as Cryſtal, then take them off the fire, and put them in a diſh; when they are cold, you may fill them into Coffins dryed, like Hearts or Diamonds: and ſtick them with Orangado and Cittern, and ſerve them up as a diſh, or garniſh other rich Tarts or Baked meats with them: you may alſo put them on thin ſheets of rich *Paſte*, and make them little in the manner of Taffaty-Tarts.

To make a Goosberry Tart green, and clear as Cryſtal.

MAke the Coffins of your Tarts, and put powdered Sugar all over the bottom; then take your fair round Goosberries, and fill your Coffins with them, laying them in one by one: put Sugar on the top of them, ſo lay on another laying, then cover them with Sugar: let your lids be carved at the top, ſo cloſe your Tarts, and give them a quick baking; ſo will they be green and clear: In the ſame manner muſt you bake Codlins, after you have made them green, by adding to them good ſtore of Sugar, and cutting the lid on the top: by a contrary way, muſt you bake Cherries, or whatſoever you will have red, as Currans, *R*asberries, Strawberries, *P*ippins or Quinces, *&c.* you muſt allow to them Sugar ſufficient, as before, but bake them cloſe without cutting the lids, and let them bake ſoberly, giving them ſoaking enough, and they will be red.

To make Puff Paſte.

TAke a pottle of flour, and the whites of ſix eggs, make it up into a *Paſte*, with cold water, let it not be very ſtiff: when it is well wrought, roll it forth four ſquare

ſquare into a ſheet, as thick as your finger, then take three pound of Butter, and beat it well with a rolling-pin; then lay it on in ſlices, all over your *Paſte*, about as thick as your finger, and ſtrow a little flour all over; then roll up your ſheet of Paſte like a Coller, with the Butter within, ſcruiſe and cloſe it at both ends with your rolling-pin; alſo ſcruiſe it all along the roll of *Paſte*, and roll it broad and long wayes, then clap up both ends, and make them meet in the middle, one over another, and faſten it down again with your rolling pin, rolling it forth every way, as thin as it was at the firſt, when you laid on the butter; then flour your board well underneath, and ſpread it over with butter, roll it up, and work it, as before: thus do three or four times, until your three pound of *Butter* be gone: in the Summer you muſt make this *Paſte* in the morning, with the ſtiffeſt Butter you can get, and lay it in a cold place, until you make uſe thereof: in the Winter time you muſt beat your Butter very well, otherwiſe it will be harder than your Paſte, and break holes through it.

To make a laid Tart for Preſerves.

TAke a ſheet of puff-paſte, being rolled forth, about an inch thick, and as broad as a large *Pie* plate (or as you pleaſe) put it on a large ſheet of white paper, and carve it with your pen-knife, in what form or faſhion you pleaſe, either like four flowerdeluces, or in the faſhion of a tree with limbs and branches; then take it on your paſty-peel, and put it in your Oven, not too hot nor too cold, when it is baked, take it forth, and waſh it over with a little Butter; ſcrape on Sugar, and let it dry a little longer in the Oven, diſh it upon a diſhing plate, and place on your Preſerves all over the limbs or branches of your Tart, and your ſuckets and dryed ſweet-meats.

To

To make a Warden or Pear-Pye.

FIrſt bake your Wardens, or Pears in an Oven, with a little water and a good quantity of Sugar, let your pot be cloſe covered with a piece of dough: let them not be fully baked by a quarter of an hour; when they are cold, make an high Coffin, and put them in whole, adding to them ſome Cloves, whole Cinamon, Sugar, with ſome of the liquor they were baked in, ſo cloſe it and bake it.

To bake a Quince Pye.

CUt your Quinces from the core, and fill your pye, lay over it ſliced Orangado, and pour into it the ſirrup of Barberries, Mulberries, Orangado, and put on good ſtore of Sugar, with two or three ſticks of Cinamon, ſo cloſe and prick it, but give it as little vent as you can; you may alſo bake them whole, after you have cored them with your coring iron, and pared them very thin; when they are placed in your pye, fill the vacant place where your core was taken out, with the ſirrup of Orangado; they ought to have as much Sugar to them as their weight, but not if you have ſtore of ſweet ſirrup.

To make a Pye with whole Pippins.

YOu muſt pare and core your Pippins, and when your Coffin is made, take a handful of ſliced Quinces, and ſtrow over the bottom thereof; then place in your Pippins, and fill the core holes with the ſirrup of Quinces, and put into every one a piece of Orangado, ſo pour on the ſirrup of Quinces over your Apples, with Sugar, and cloſe it; theſe pyes will ask good ſoaking, eſpecially the Quince-pye.

A ſet Tart.

YOu may make your paſte rich, put in good ſtore of yolks of eggs, and warm milk, but not too much Butter, and drive out a ſheet of paſte very thin; let your borders alſo be driven out in lengths (thin) but ſo as they will ſtand; cut out your borders through your ſheet an inch and half high; Jagging out one length with your Jagging-iron, and another with your knife; then take the center of your bottom, and ſet up a tower of about three or four inches high, then ſet your proportions round about, ſome Hearts, and ſome Diamonds, ſo ſet the outward circumference in what form or figure you pleaſe: when you have pricked and dryed it, you may fill it with your ſweet meats, Jellies, Leaches, *&c.* as for example, pour in Chryſtal Jelly into an Heart, and alſo into the oppoſite, Leach into another, and alſo into the oppoſite: ſo two of each ſort one oppoſite to another, in all your figures.

RARE

RARE RECEIPTS IN COOKERY.

Part II.

To make a Bisk divers wayes.

TAke a *Rack* of Mutton and a Knuckle of Veal, put them a boyling in a *Pipkin* of a gallon with ſome fair water, and when it boyls ſcum it, and put to it ſome Salt, two or three blades of large Mace, and a Clove or two, boyl it to three pints, and ſtrain the meat, ſave the broth for your uſe, and take off the fat clean.

Then boyl twelve Pigeon Peepers; and eight Chicken Peepers, in a Pipkin of fair water, Salt, and a piece of interlarded Bacon, ſcum them clean, and boyl them fine white and quick.

Then

Then have a roaſt Capon minced, and put to it ſome gravy, Nutmeg and Salt, and ſtew it together, then put to it the juyce of two or three Oranges, and beaten butter, *&c.*

Then have ten Sweet-breads, and ten Palats fry'd, and the ſame number of Lips and Noſes, being tender boyled, and blancht, cut them like Lard, and fry them, and put away the butter, and put to them gravy, a little Anchovie, Nutmeg, and a little Garlick, or none, the juyce of two or three Oranges, and Marrow fry'd in Batter, with Sage leaves, and ſome beaten Butter.

Then again, have ſome boyl'd Marrow, and twelve Artichokes, ſuckets, and Peaches finely boyl'd, and put into beaten Butter, ſome Piſtaches, boyled alſo in ſome wine and gravy, eight Sheeps tongues larded and boyled, and one hundred Sparagraſs, boyled, and put into beaten Butter or skirrets.

Then have Lemons carved and ſome cut like little dice.

Again, fry ſome Spinnage and Parſlee, *&c.*

Theſe foreſaid materials being ready, have ſome French bread in the bottom of your diſh; then diſh on it your Chickens and Pigeons, broth it, next your Quails, then Sweet-breads, then your Palats, then your Artichokes or Sparagraſs, and Piſtaches; then your Lemon, Pomgranat, or Grapes; Spinnage and fryed Marrow; and if yellow Saffron or fryed Sage, then round the Center of your boyled meat, put your minced Capon, then run all over with beaten butter, *&c.*

1. For variety, clarified with yolks of eggs.
2. Knots of eggs.
3. Cocks Stones.
4. Cocks Combs.
5. If white, ſtrained Almonds with ſome of the broth.

6. Gooſ-

6. Goosberries or Barberries.
7. Minced meat in balls.
8. If green, juyce of Spinnage ſtamped with Manchet,
2. Garniſh with boyled Spinnage.
10. If yellow, yolks of hard eggs ſtrained with ſome broth and Saffron; and many other varieties.

To boyl a Capon in Rice.

BOyl a Capon in ſalt and water, and if you like it, you may put into a fair cloth, a handful of Oatmeal; then take a quarter of a pound of Rice, and ſteep it in fair water, and ſo half boyl it: then ſtrain the Rice through a Cullender; and boyl it in a *Pipkin*, with a quart of Milk: put in half an ounce of large Mace, half a pound of Sugar: boyl it well, but not over thick: put in a little Roſe-water, blanch half a pound of Almonds; and beat them in a Morter with a little Cream and Roſe-water very fine; ſtrain them in a *Pipkin* by it ſelf; then take up your Capon; and ſet your Almonds a little againſt the fire: garniſh your diſhes as you think fit, and lay in your Capon, and put your Rice handſomly thereon, then broth up your Rice.

A Bisk another way,

TAke a Leg of Beef cut into two pieces, and boyl it in a gallon, or five quarts of water, ſcum it, and about half an hour after, put in a knuckle of Veal, and ſcum it alſo, boyl it from five quarts to two quarts, or leſs; and being three quarters boyled, put in ſome ſalt, Cloves and Mace; being through boyled, ſtrain it from the meat, and keep the broth for your uſe in a Pipkin; then take eight Marrow bones clean ſcraped from the fleſh, and finely cracked over the middle; boyl in water or ſalt three of them; the other reſerve for garniſh to be boyld in ſtrong broth and laid on the top of the

Bisk, when dished; again, boyl your fowl in water and salt, Teals, *Partridge*, Pigeons, Quails, Larks, Plovers; then have a joynt of Mutton made into balls with sweet herbs; Salt, Nutmegs, grated bread; Eggs, Suet, a clove or two of Garlick, and *Pistaches* boyled in broth; with some interlarded Bacon, Sheeps tongues larded and stewed, as also some Artichokes, Marrow, Pistaches, Sweet-breads and Lamb-stones, in strong broth, and Mace, a *Clove* or two, some white wine and strained Almonds, or with the yolk of an Egg, Verjuice, and beaten Butter and sliced Lemon, or Grapes whole; then have fryed Clary, and Pistaches in yolks of Eggs; with carved Lemons all over.

To boyl a Leg of Mutton the French fashion.

TAke a fair Leg of Mutton, and a piece of suet off the Kidney cut in long slices as big as ones finger, then thrust your knife into the flesh of your Leg, down as deep as your finger is long; and thrust into every hole a slice of the said Kidney suet, but take heed one piece touch not another, boyl your Leg well, but not too much, then put half a pint of the broth into a Skillet or *Pipkin*; and put to it three or four blades of whole Mace, half a handful of Barberries, and Salt, boyl them until the broth be half boyl'd away; then take it off the fire, and straight before the broth hath done boyling, put in a piece of sweet Butter, a good handful of French Capers, and a Lemon cut in square pieces like dice, with the rind on, and a little Sack, with the yolks of two hard Eggs minced, lay your Leg of Mutton with the faireſt side upward upon sippets in your garnished dish: having all these things in readiness to put into your aforesaid broth; when it comes boyling off the fire, then pour it on your Leg of Mutton hot.

To

To boyl Partridges.

TAke three Partridges, put them in a *Pipkin*, with as much water as will cover them, alſo take three or four blades of Mace, one Nutmeg quartered, five or ſix whole *Cloves*, a piece of ſweet Butter, two or three Manchet toaſts toaſted brown, ſoak them in a little Sack, or Muſcadine, ſtrain it through a Canvas ſtrainer with ſome of the broth, and put them into the *Pipkin* with your Partridges; boyl them very ſoftly; often turning them until your broth be half conſumed, then put in a little ſweet Butter and ſalt. When your broth is boyled, garniſh your diſh with a ſliced Lemon, and the yolk of a hard Egg minced ſmall; then lay on ſmall heaps between the ſlices of Lemon; and place your Partridge in your garniſht diſh, on ſippets; and your broth hot on them; lay upon the breaſts of your Partridges, round ſlices of Lemon pared; mince ſmall and ſtrow on the yolk of a hard Egg; prick over all their breaſts five or ſix wing feathers, and ſerve them up; after this manner you may boyl young Turkies, Pheaſants, or Pea-chickens, Woodcocks, Quails, *&c.*

Capons in Pottage in the French faſhion.

TAke two Capons, draw and truſs them, parboyl them, and fill their bellies with Marrow, put them in a pipkin with a Knuckle of Veal, let them boyl together; when they are half boyled, with ſtrong broth, if you have it, then put in your Lamb-ſtones and Sweetbreads; ſeaſon it with Cloves, Mace, and a little ſalt, a figgot of ſweet herbs and an Onion; let it boyl gently until all is enough; take heed you boyl them not too much; in the interim, make ready the bottoms and tops of four rolls of French bread, put them a drying in a fair diſh, wherein you put the Capons, ſet it on the fire, and lay over them, ſome ſtrong

broth; with a ladleful of gravy, cover it, until you diſh them up; then diſh up your *C*apons, with your Knuckle of Veal between them; garniſh your Capons with Sweetbreads and carved Lemon; and your Veal with ſlices of Bacon fryed up with the yolks of Eggs, and pour on it ſtrong broth and gravy, with a little drawn Butter, and ſerve it up.

To make a boyled meat, much like a Bisk.

TAke a Rack of Mutton, cut it in four pieces, and boyl it in three quarts of fair water in a pipkin, with a faggot of ſweet herbs bound up cloſe; ſcum your broth, and put in ſome ſalt; about half an hour after, put in three Chickens, ſcalded and truſt; with three *P*artridges boyled in water; the blood being well ſoaked out of them, putting to them three blades of large Mace; then have all manner of ſweet herbs, finely picked, being minced; and before you diſh up your boyled meat, put them to your broth, and let them have four or five walms; and take for the top of your boyled meat, a pound of interlarded *B*acon cut in thin ſlices, put them in a pipkin, with the Marrow of ſix bones, twelve bottoms of young Artichokes, ſix Sweet-breads of Veal, ſtrong broth, Mace, Nutmeg, with Goosberries or Barberries; Butter and Piſtaches; theſe being all ready, garniſh your diſh with Artichoke, carved Lemon, Piſtaches, Grapes and large Mace; your ſippets being finely carved, with ſlices of French bread in the bottom of your diſh, diſh up your Mutton three pieces round about, and one piece in the middle, with your three Chickens between the three pieces of Mutton, and your Partridge in the middle, pour on the Broth with the herbs; then put on your pipkin over all; it being Marrow, Artichokes, and the other ingredients with ſliced Lemons, Barberries, and drawn Butter over all; your ſippets round the diſh, *&c.*

To

To boyl a Neck, Loyn, or Chine of Mutton, or a Neck, Leg, Fillet, Knuckle of Veal, Leg or Loyn of Lamb.

CUt any of theſe meats in ſo big pieces, as that two or three of them may ſerve in a diſh, and put them into a pot, with ſo much water as will cover them; if you have one neck of Mutton or Veal, you may take ten ſprigs of winter-ſavory, and as much of Time, adding to them twelve great Onions, if they are ſmall take the more: grate to them half a penny loaf, with half an ounce of Cloves and Mace, and one handful of Spinnage, a little Salt and Parſlee (if in the Spring or Summer, otherwiſe Capers and Sampier) let it boyl moderately, until it be half conſumed: when you take it off, add a little Vinegar and drawn Butter; but you muſt note, not to let your Spinnage and Parſlee to have above a quarter of an hours boyling: you may diſh it in as many diſhes as you pleaſe, and ſerve it hot to the table.

To boyl a Chine of Veal whole or in pieces.

BOyl it in ſtrong broth, with a faggot or two of ſweet herbs, a piece of Bacon: and when its above half boyled, put in Capers, a little large Mace, whole Pepper, ſome Salt and Oyſter liquor, your Chines being well boyled, have ſome ſtewed Oyſters by themſelves, with ſome Mace and whole Onions, Vinegar, Butter and Pepper, *&c.* then have Cucumbers boyled by themſelves in water and ſalt, or pickled Cucumbers boyled in water, putting thereto beaten Butter and Cabbage, Lettice, being parboyled: then diſh your Chines on ſippets, broth them, and put on your ſtewed Oyſters, Cucumbers, Lettice, and parboyled Grapes, or ſliced Lemon, and run it over with beaten Butter.

To bake a Pig to be eaten cold, called a Maremaid Pye.

TAke a *Pig*, flea it and quarter it, bone it; take alſo a good Eel fleaed, ſplit, boned, and ſeaſoned with *Pepper*, Salt, and Nutmeg: then lay a quarter of of your *Pig* in a round pye, and part of the Eele on that quarter; then lay on another quarter on the other, and then more Eele, and thus keep the order until your pye be full; then lay a few whole Cloves, ſlices of Bacon, and Butter, and cloſe it up, bake it in a good fine *Paſte*; being baked and cold, fill it up with good ſweet Butter.

Another way.

SCald it and bone it, being firſt cleanſed, dry the ſides in a clean cloth, and ſeaſon them with beaten Nutmeg, *Pepper*, Salt, and chopt Sage; then have two Neats tongues, dryed well, boyled and cold, ſlice them out all the length, as thick as half a crown, and lay a quarter of your *Pig* in a ſquare or round pye, and ſlices of the tongue on it: then another quarter of *Pig* and more tongue, thus do for four times double, and lay over all ſlices of Bacon, a few Cloves, Butter, and a Bay-leaf or two, then bake it, and being baked fill it up with good ſweet Butter; make your *Paſte* white of Butter and Flour.

To bake Steaks the French way.

SEaſon your Steaks with pepper, Nutmeg, and ſalt lightly, and ſet them by; then take a piece of the leaneſt of a leg of Mutton, and mince it ſmall with ſome Beef ſuet, and a few ſweet herbs, as tops of time and penny-royal, grated bread, yolks of eggs, ſweet cream, raiſons of the ſun, *&c.* work all together, and make it into little balls, and roles; put them into a deep round pye on the Steaks, then put to them ſome butter, and

ſprinkle

ſprinkle it with verjuice, cloſe it up and bake it; when its enough, cut it up, and liquor it with the juice of two or three Oranges or Lemons.

A Pudding ſtewed between two diſhes.

TAke the yolks of three eggs, and the white of one, half a dozen ſpoonfuls of ſweet cream, a nutmeg grated, a few cloves and mace, a quarter of a pound of beef ſuet minced ſmall, a quarter of a pound of currans, temper it like a pudding, with grated bread, and a ſpoonful of roſe water; then take a Caul of Veal, cut it in ſquare pieces like Trenchers, lay three ſpoonfuls of your batter on one ſide, then roll it up in the Caul, pin on one ſide over another with two ſmall pricks, and tye each end with a thred; you may put two, or three, or four of them in a diſh; then take half a pint of ſtrong Mutton broth, and half a dozen ſpoonfuls of vinegar, three or four blades of large mace, and an ounce of ſugar, make this broth to boyl upon a chaffin-diſh of coals, and then put in your Pudding when it boyls, cover it with another diſh, and let it ſtew a quarter of an hour longer; turn them for burning; then take up your pudding, and lay it on ſippets, and pour the broth upon the top, garniſh your diſh with the core of a Lemon and Barberries; ſerve them hot, either at dinner or ſupper.

To make French Puffs with green herbs.

TAke ſpinnage, parſlee, endive, a ſprig or two of ſavory; mince them very fine, ſeaſon them with nutmeg, ginger, and ſugar, wet them with eggs according to the quantity of herbs more or leſs, then take the core of a Lemon cut in round ſlices very thin; put to every ſlice of your Lemon a ſlice of this ſtuff, then fry it with ſweet Lard, in a frying-pan, as you fry eggs, and ſerve them with ſippets or without; ſprinkle them either with

white wine or ſack, or any other wine, ſaving Rheniſh wine, ſerve them either at dinner or ſupper.

To Bake all manner of Land-fowl; as Turkey, Buſtard, Peacock, Crane, &c. to be eaten cold.

TAke a Turkey and bone it, parboyl and lard it thick, with great lard, as big as your little finger, then ſeaſon it with two ounces of beaten Pepper, two ounces of beaten Nutmeg, and three ounces of Salt; ſeaſon the fowl, and lay it in a pye fit for it, put firſt Butter in the bottom, with ſome ten whole Cloves, then lay on the Turkey, and the reſt of the ſeaſoning on it; lay on good ſtore of Butter, then cloſe it up, and baſte it, either with Saffron-water, or three or four eggs, beaten together with their yolks; bake it, and being baked and cold, liquor it with Clarified Butter, *&c.*

To fry Sneeps-tongues, Deers-tongues, or Calves-tongues.

BReak three or four eggs, with Nutmeg, Cinamon, Sugar and Salt; peel your tongues, and ſlice them in thin ſlices, put them into your eggs; and when your frying-pan is hot with Butter or ſweet lard, cut the core of a Lemon in ſmall pieces like Dice, and put it into your Eggs and Tongues, but not before you are ready to put your meat into the pan, for then it will make them curdle, then fry them in ſpoonfuls like eggs, on both ſides; the leaſt burning takes away all the good taſte of the other things; fry them, and diſh them on ſippets, or upon thin Manchet-toaſts, fryed with ſweet Butter; let your ſauce be Sack or White-wine, ſweet Butter and Sugar, heat it hot, and pour it on the top of your Tongues, ſcrape on Sugar, and ſend it hot to the Table.

To bake a Pig to be eaten hot.

FLay a ſmall fat Pig, cut it in quarters, or in ſmaller pieces, ſeaſon it with Pepper, Ginger, and Salt, lay it into a fit Coffin, ſtrip and mince ſmall a handful of Parſlee, ſix ſprigs of Winter-ſavoury, ſtrow it on the meat in the pye, and ſtrow upon that the yolks of three or four hard eggs minced, and lay upon them five or ſix blades of Mace, a handful of cluſters of Barberries, a handful of Currans well waſhed and picked, a little Sugar, half a pound of ſweet Butter, or more, cloſe your pye, and ſet it in an Oven, as hot as for Manchet, and in two hours it will be baked; draw it forth, and put in half a pint of Vinegar and Sugar, being warmed upon the fire, pour it all over the meat, and put on the pye-lid again; ſcrape on Sugar, and ſerve it hot to the table.

To bake all manner of Sea fowl, as Swan, Whopper, to be eaten cold.

TAke a Swan, bone, parboyl, and lard it with great lard; ſeaſon the lard with Nutmeg and Pepper only; then take two ounces of Pepper, three of Nutmeg, and four of Salt; ſeaſon the fowl, and lay it in the pye with good ſtore of Butter, then cloſe it up in Rye-paſte, or Meal courſe bolted, and made up with boyling liquor, and make it up ſtiff; or you may bake them to eat hot, only giving them half the ſeaſoning; you may bake them in earthen pans, or pots, for to be preſerved cold, they will keep longer; In the ſame manner you may bake all ſorts of Wild-Geeſe, tame-Geeſe, bran-Geeſe, Muſcovia-Ducks, Gulls, Shovellers, Herns, Curlews, *&c.* In baking of theſe fowl to be eaten hot, for the garniſh, put in a big Onion, Gooſberries or Grapes in the pye, and ſometimes Capers or Oyſters, and liquor it with Gravy, Claret, and Butter.

To Haſh a Carp.

TAke a Carp, ſcale and ſcrape off the ſlime with your Knife, wipe it with a dry cloth, bone it and mince it with a freſh-water Eel, being fleaed and boned, ſeaſon it with beaten Cloves, Mace, Salt, Pepper, and ſome ſweet-herbs, as Time, Parſlee, and ſome ſweet Marjoram minced very ſmall; ſtew it in a broad-mouthed Pipkin, with ſome Claret-wine, Goosberries, or Grapes, and ſome blanched Cheſnuts: Being finely ſtewed, ſerve it on carved ſippets about it, and run it over with beaten Butter, garniſh the diſh with ſtale grated Manchet ſearſed, and ſome fryed Oyſters in Butter, Cockles or Prawns; ſometimes for variety, uſe Piſtaches, *Pine*-apple ſeeds, or ſome blanched Almonds, ſtewed amongſt the Haſh, or Sparragraſs, or Artichokes boyled, and cut as big as Cheſtnuts, and garniſh the diſh with ſcraped Horſe-Radiſh, and rub the bottom of the diſh in which you ſerve the meat, with a Clove or two of Garlick, ſometimes mingle it with ſome ſtewed Oyſters, or put to it ſome Oyſter-liquor.

For the Stock for Jelly.

TAke two pair of Calves-feet finely cleanſed, the fat and great bones taken out and parted in halves; being well ſoaked in fair water for twenty four hours, and often ſhifted; boyl them in a braſs pot or pipkin cloſe covered, in the quantity of a gallon of water, boyl them to three pints, then ſtrain the broth through a clean ſtrong Canvas, into an earthen pan or baſon; when it is cold, take off the top, and pare off the dregs off the bottom; put it in a clean well-glazed pipkin of two quarts, with a quart of white-wine, a quarter of a pint of Cinamon-water, Nutmeg and Ginger-water, as much of each, or theſe ſpices ſliced; then have two pound of double refined ſugar, beaten with eggs in a deep diſh

or

or baſon. Your Jelly being new melted, put in the eggs with ſugar; ſtir all the aforeſaid materials together, and ſet it a ſtewing on a ſoft Charcoal-fire, the ſpace of half an hour or more; being well digeſted, and clear run, take out the bone and fat, of any meat for Jellies; for it doth but ſtain the ſtock; and make it, that it will never be white and pure clear.

To make a Jelly as white as Snow, with Jordan Almonds.

TAke a pound of Almonds, ſteep them in cold water, till they will blanch, which will be in ſix hours; beat them with a quart of Roſe-water, then have a decoction of half a pound of Izing-glaſs, boyled with a gallon of fair ſpring-water, or elſe half Wine; boyl it till half be waſted, then let it cool, ſtrain it, and mingle it with your Almonds, and ſtrain with them a pound of double refined ſugar, the juice of two Lemons, put Saffron to ſome of it, and make ſome blew, red, yellow, green, or what colour elſe you pleaſe; and caſt it into Lemons or Orange-Rhindes, *&c.* ſerve of divers of theſe colours on a diſh or plate.

To make ſome Kick-ſhaws in Paſte, to fry or bake in what form you pleaſe.

MAke ſome ſhort puff-paſte, roll it thin, if you have any molds, you may work it upon them with the pulp of Pippins, ſeaſoned with Cinamon, Ginger, Sugar, and Roſe-water; cloſe them up and bake them, or fry them; Or you may fill them with Gooſberries, ſeaſoned with Cinamon, Sugar, Ginger, and Nutmeg; roll them up in yolks of eggs, and it will keep your Marrow, being boyled, from melting away: Or you may fill them with Curds, boyled up with whites of eggs and Cream, and it will be a tender Curd; but you muſt ſeaſon the Curd with parboyled Currans, three or four ſliced Dates put into it, or ſix bits of Marrow,

row, as big as half a Walnut, put in ſome ſmall pieces of Almond-paſte, Sugar, Roſewater, and Nutmeg. And this will ſerve for any of theſe Kick-ſhaws, either to bake, or for a Florentine in *Puff*-paſte; any of theſe you may fry or bake, for dinner or Supper.

To make a Pottage.

TAke Beef Palats that are tenderly boyled, blanched and ſliced; put to them a piece of good middle Bacon, and five or ſix ſweet-breads of Veal; let theſe boyl together in a deep diſh with ſtrong Broth, put to them a handful of Champignions, a great Onion or two, about ſix *Cloves*, a little large Mace, and a faggot of ſweet herbs; when it is almoſt boyled, add to it a pint of Gravy, a grated Nutmeg, ſeaſon it with Salt; make ready a diſh with your tops and bottoms of French bread ſliced: put Gravy thereon, and ſet your diſh on the coals; add Cheſnuts to your Broth, you muſt have in a Pipkin by, with the Marrow of three bones ſtewed in ſtrong Broth, with the bottoms of three or four Artichokes cut in pieces; when all is enough, diſh up a round piece of your Bacon upon ſippets, in the middle of your diſh, and your ſweet-breads and palats round about, with your other Bacon in ſlices; then diſh up your Marrow, Artichokes, and Cheſnuts, all over that, ſo pour over your Broth; and ſcruiſe on two or three Lemons.

To make a ſmall Bisk of fleſh roaſted.

TAke half a dozen of Chicken peepers, and as many ſquob Pigeons, ſcalded, drawn, truſt and ſet, lard the one half of them, or any other ſuch like fowl, as Larks, Quails, *&c.* then take Lambſtones blancht, alſo Cocks combs and ſtones, with Ox palats tenderly boyled, and cut three inches in length and breadth, lard them exceeding thick with ſmall lard, alſo take ſlices of

of Bacon, and great Sage leaves; ſpit your fowl on a ſmall ſpit, with one of your ſlices of Bacon and Sage between each fowl, as alſo a piece of palat; thus do until all your fowl, Bacon, and palats are ſpitted; parboyl likewiſe ſome great Oyſters, and lard them with a ſmall larding prick; alſo lard your Sweet-breads and Lamb-ſtones; and ſpit them with ſlices of Bacon between each of them; then ſeaſon your Oyſters with grated bread, Nutmeg and Time, a little Salt; and when your Sweet-breads are almoſt roaſted, broach your Oyſters upon ſquare rods, and tye them on the Sweet-breads, baſte them with the yolks of Eggs beaten with a grated Nutmeg, and let them roaſt together; then take your Cocks combs and ſtones, (being tenderly boyled) and fry them being dipt in yolks of Eggs: alſo fry the bottoms of Artichokes, and marrow in Eggs; put all theſe in a deep diſh with a pint of Gravy, on a heap of coals, (only the Artichokes and Marrow by themſelves with a little drawn Butter) add to them Oyſter liquor, Claret wine, grated Nutmeg, with ſome Anchovies diſſolved, a handful or two of Muſhrooms, ſome Cheſtnuts, and Piſtaches; when your *Range* is ready, baſte up your birds, and diſh them into the middle of your diſh; then diſh two rows of your palats (oppoſite one to another) from your Chickens towards the diſh brim; ſo with your Sweet-breads in two parcels croſſing them; alſo your Lamb-ſtones and Oyſters, thwarting in two parcels oppoſite likewiſe; theſe eight parcels will cover your diſh from the fowl to the brim; let your Bacon be garniſht over the whole; then take your other ingredients in the lear and garniſh over your fowl, and the reſt with your Artichokes, Marrow, Piſtaches, and Cheſtnuts over all; then add a little drawn Butter, and the juice of two or three Lemons to your lear, and pour it over all; garniſh it with Lemon and Bay-leaves fryed, and ſend it to the table hot: this diſh is for your ſecond courſe.

A Jelly for ſervice of ſeveral colours.

TAke four pair of Calves feet, a knuckle of Veal, a good fleſhy Capon; and prepare thoſe things, as is ſaid in the Chryſtal Jelly; boyl them in three gallons of fair water, till ſix quarts be waſted; then ſtrain it into an earthen pan, let it cool; and being cold pare the bottom, and take off the fat on the top alſo, then diſſolve it again into broth, and divide it into four equal parts, put it into four ſeveral pipkins, as will contain five pints each pipkin; put in a little ſaffron into one of them; into another Churcenela beat with Album, into another Turnſole; and the other his own natural white; alſo to every pipkin a quart of white Wine, and the juice of two Lemons; then alſo to the white Jelly, one race of Ginger pared and ſliced, and three blades of large Mace; to the red Jelly, two Nutmegs, as much in quantity of Cinamon; alſo as much Ginger to the Turnſole; put alſo the ſame quantity, with a few whole Cloves; then to the amber or yellow colour, the ſame ſpices and quantity; then have eighteen whites of Eggs, and beat them with ſix pound of double refined Sugar, beaten ſmall and ſtirred together, in a great Tray or Baſon with a Rolling-pin, divide it into four parts into the four pipkins, and ſtir it to your Jelly, broth, ſpice, and wine: being well mixed together with a little Muſk and Ambergreaſe: then have new bags, waſh them firſt in warm water, and then in cold, wring them dry, and being ready ſtrung with pack-thread, and ſticks, hang them on a ſpit by the fire, from any duſt, and ſet new earthen pans under them, being well ſeaſoned with boyling liquor: Then again ſet on your Jelly on a fine Charcoal fire, and let it ſtew ſoftly the ſpace of an hour, or almoſt; then make it boyl up a little, and take it off: being ſomewhat cold, run it through the bag twice or thrice, or but once if it be very clear: into the bags of colours

colours put in a ſprig of Roſemary, keep it for your uſe in thoſe pans, diſh it as you ſee good, or caſt it into what mould you pleaſe: As for example, theſe, Scollop ſhells, Cockle ſhells, Egg ſhells, half Lemon or Lemon-peel, Wilks, or Winkle ſhells, Muſcle ſhells, or moulded out of a Butter ſquirt: or ſerve it on a great diſh and plate, one quarter of white, another of red, another of yellow, the fourth of another colour, and about the ſides of the diſh Oranges in quarters of Jelly, in the middle a whole Lemon full of Jelly finely carved, or caſt out of a Wooden or Tin mould, or run it into little round glaſſes, four or five in a diſh, or ſilver trencher plates, or glaſs trencher plates.

To bake Apricocks green.

TAke young green Apricocks, ſo tender that you may thruſt a pin through the ſtone, ſcald and ſcrape the outſide, oft putting them in water as you peel them, till your Tart be ready, then dry and fill the Tart with them, and lay on good ſtore of fine Sugar, cloſe it, and bake it, ſcrape on Sugar, and ſerve it up: before you cloſe it, cut your lid in branches, or works, that it may look ſomewhat open, and it will look the greener.

To make an Oatmeal Pudding.

STeep Oatmeal in warm Milk three or four hours, then ſtrain ſome blood into it of fiſh or fleſh, mix it with Cream, and add to it ſuet minced ſmall, ſweet herbs chopped fine, as Time, Parſlee, Spinnage, Succory, Endive, Straw-berry-leaves, Violet-leaves, Pepper, Cloves, Mace, fat Beef ſuet, and four Eggs, mingle all together, and ſo bake it.

To make an Oatmeal Pudding boyled.

TAke the biggeſt Oatmeal, mince what herbs you like beſt, and mix with it, ſeaſon it with Pepper and Salt;

Salt; tye it ſtrait in a bag; and when it is boyled, butter it and ſend it up.

Oatmeal Puddings, otherwiſe of fiſh or fleſh blood.

TAke a quart of whole Oatmeal, ſteep it in warm Milk over night, and then drain the groats from it, boyl them in a quart or three pints of good Cream; then the Oatmeal being boyled and cold, have Time, Penny-royal, Parſlee, Spinnage, Savory, Endive, Marjoram, Sorrel, Succory, and Strawberry-leaves, of each a little quantity, chop them fine and put them to the Oatmeal, with ſome Fennel-ſeeds, Pepper, Cloves, Mace, and Salt, boyl it in a Napkin, or bake it in a diſh, Pye, or Guts; ſometimes of the former of Pudding you may leave out ſome of the herbs, and add theſe, Penny-royal, Savory, Leeks, a good big Onion, Sage, Ginger, Nutmeg, Pepper, Salt, either for fiſh or fleſh dayes, with Butter or Beef-ſuet, boyled, or baked in Diſh, Napkin, or Pye.

To make white Puddings an excellent way.

AFter the Hogs humbles are tender boyled, take ſome of the Lights with the Heart, and all the fleſh about them, picking from them all the ſinewy skins, then chop the meat as ſmall as you can; and put to it a little of the Liver very finely ſearſed, ſome grated Nutmeg, four or five yolks of Eggs, a pint of very good Cream, two or three ſpoonfuls of Sack, Sugar, Cloves, Mace, Nutmeg, Cinamon, Carraway-ſeed, a little Roſe-water, good ſtore of Hogs fat, and ſome Salt, roll it in rolls, two hours before you go to fill them in the Guts, and lay the Guts in ſteep in Roſe-water till you fill them.

To make an Italian Pudding.

TAke a fine Manchet and cut it in ſquare pieces like Dice, then put to it half a pound of Beef-ſuet minced ſmall, Raiſins of the Sun, Cloves, Mace, minced Dates,

Dates, Sugar, Marrow, Roſe-water, Eggs and Cream, mingle all theſe together; put them in a buttered diſh, in leſs than an hour it will be baked; when its enough, ſcrape on Sugar and ſend it up.

To make Metheglin.

TAke all ſorts of herbs, that are good and wholeſome as Balm, Mint, Roſemary, Fennel, Angelica, wild Time, Hyſſop, Burnet, Agrimony, and ſuch other field herbs, half a handful of each, boyl and ſtrain them, and let the liquor ſtand until the next day; being ſetled, take two gallons and half of Honey, let it boyl an hour, and in the boyling ſcum it very clean, ſet it a cooling as you do beer, and when it is cold, take very good Barm, and put it into the bottom of the Tub, by a little and little as to Beer, keep back the thick ſettling that lyeth in the bottom of the veſſel it is cooled in: when it is all put together, cover it with a cloth, and let it work very near three dayes; then when you mean to put it up, ſkim off all the Barm clean, and put it up into a veſſel; but you muſt not ſtop it very cloſe in three or four dayes, but let it have ſome vent to work; when it is cloſe ſtopped, you muſt look often to it; and have a peg on the top to give it vent, when you hear it make a noiſe, as it will do, or elſe it will break the veſſel, ſometimes make a bag and put in good ſtore of ſliced Ginger, ſome Cloves, and Cinamon, boyled, or not.

How to make Ipocras.

TAke of Grains half a dram, take of Cinamon four ounces, of Ginger two ounces, of Nutmeg half an ounce, of Cloves, Mace, of each a quarter of an ounce; bruiſe all theſe well in a Morter, and infuſe them in a gallon of white Wine, four or five dayes, the veſſel being cloſe ſtopt, then put to it a pound and half of Sugar; when the Sugar is diſſolved, put to it half a pint of Roſe-

water, and as much Milk, let it ſtand a night, and then let it run through an Ipocras bag; then may you put it in a fine new Runlet, if you purpoſe to keep it; or if you ſpend it preſently, you may put it into certain pots for the preſent.

To Jelly Lobſters, Crawfiſh, or Prawnes.

TAke a Tench and ſplit him from the head to the tail, taking out the gills, and waſh him in four or five waters very clean from the blood; ſet as much water on, as will conveniently cover him, in a broad pan, preſſing him down with a diſh or plate; let your liquor be ſeaſoned with Salt, Wine-Vinegar, Cloves, Mace, Ginger, quartered Nutmeg, five or ſix Bay-leaves, a faggot of ſweet herbs bound up together (obſerve to let your liquor boyl with the fore-mentioned ingredients, before you put in your Tench) it being boyled take it up, and waſh off all the looſe ſcales; then ſtrain the liquor through your Jelly bag; and put to it a piece of Izing-glaſs, being firſt waſht and ſteept for that purpoſe; boyl it very cleanly, and run it through a Jelly bag again; then having your ſhell fiſh, lay them in a clean diſh, the Lobſters being cut in ſlices, and the Crawfiſh, Prawnes and Shrimps whole, run this Jelly over them; you may make this Jelly of divers colours to garniſh your diſh.

To Stew Crabs.

YOur Crabs being boyled, take the meat out of the bodies of barrels, and ſave the great claws and the ſmall legs whole to garniſh your diſh; ſtrain the meat with ſome Claret wine, grated Bread, Wine-Vinegar, Nutmeg, Salt, and a piece of Butter; ſtew them together a quarter of an hour, on a ſoft fire in a Pipkin; and being ſtewed almoſt dry, put in ſome drawn Butter, the yolk of an Egg, a grated Nutmeg, with the juice of

Oranges

Oranges beat up thick; then diſh the legs round about them; put the meat into the ſhells and ſerve them.

To force Crabs.

TAke ſo many Crabs as you pleaſe, take the meat out of the claws, and mix it with the meat of the body, the skin and ſtrings thereof pick out; then take ſome Pine-apples, *Piſtaches*, and Artichoke bottoms minced with the body of an Eele half boyled, but not very ſmall, with the meat of the claws before you mix it, as alſo a handful of Oyſters; put to it a little grated Manchet, Nutmeg, Cinamon, Ginger, and Salt, with a Lemon cut in dice, with the yolks of two or three raw Eggs, and a quarter of a pound of Butter in ſmall bits; make up this into a reaſonable ſtiff force meat, and force your ſhells, make the reſt into ſmall balls; and put them into a deep tin diſh, and bake them gently in an Oven; let your meat in your ſhells be a very tender meat; when they come out of the Oven, add to them ſome drawn Butter, and the juice of Oranges and Lemons, diſh them with your forced balls round about them, ſtick them full of picked ſprigs of Paſte about four inches long, and ſtick upon your ſprigs fryed Oyſters, ſo ſend them for ſecond courſe.

To make water Leach.

TAke a pound of ſweet Almonds, blanch them in blood-warm water, and throw them into cold water; beat them in a Morter with Roſe-water, and when they are beaten to an Almond Paſte; put a pint of Roſe-water more to them, and a pottle of fair ſpring water; and about a quart or more of Rheniſh wine: ſet theſe together in a skillet on a heap of Charcoals; then add to it about half a pound of Iſinglaſs, being before pulled to pieces and ſteeped in fair water for the ſpace of two hours; put to it ſome whole Cinamon, large Mace,

let it boyl about an hour keeping it ſtirring, then ſtrain it into a baſon through a piece of Tiffanie; ſeaſon it with Sugar, Roſe-water; and a little Oyl of Cinamon, Nutmeg, Cloves and Mace, with a grain of Musk tyed up, then ſet it on the fire again; you may take out ſome in a ſaucer to try its ſtrength; if it be too ſtrong, you muſt add Rheniſh wine, if too weak, boyl it longer with Iſinglaſs; you may add alſo ſome juice of Lemons; ſtrain it again when it is boyled enough, run it into what colours you pleaſe.

To make a boyled Pudding.

TAke two grated penny loaves, and as much flour dryed in an Oven, ſeaſon it with Cinamon, Cloves, Mace, Nutmeg and Salt; put to it four Eggs, caſting away two of the whites; temper it with ſweet cream; put to it a handful or two of Raiſins, as many Currans, with about half a pound of Beef ſuet minced very ſmall; let it not be ſo thin, that the Raiſins and Currans fall to the bottom; ſo waſh over a double cloth with Butter, and put it into a baſon or skillet; gather it together, and tye it cloſe, only give it a little liberty to riſe, let your water boyl before you put it in.

Another way.

TAke a pint and half of Cream; and boyl it up with ſome beaten Cinamon and Nutmeg; and when it is cold, beat to it ſix Eggs, caſting away the whites of three, ſeaſon it with Sugar, Roſe-water and Salt; then cut two penny loaves in ſippets, and butter over a cloth as before, and put it in a baſon, ſpread the ſippets all over the bottom of your baſon, as alſo the ſides, that the cloth may not be perceived: then ſtrow on a handful of minced Marrow, and Dates not very ſmall; then pour a ladleful of Cream or two all over; and lay it over with ſippets again, then ſtrow a handful of Marrow and Dates as before,

before, ſo do until all your Cream and Eggs is in : then lay it all over with ſippets on the top, and waſh them well over with Butter : ſo gather up your cloth and bind it, when your pot boyls put him in.

A baked Fudding after the Italian faſhion, corrected.

TAke a penny white loaf or two, and cut it in the manner of dice : put to it half a pound of Beef ſuet minced ſmall, half a pound of Raiſins of the Sun ſtoned, a little Sugar, ſix ſliced Dates, a grain of Musk, the Marrow of two bones, ſeaſon it with Cloves, Mace, Nutmeg, Salt and Roſe-water, then beat three Eggs with about half a pint of Cream, and put it to your bread and other ingredients, and ſtir it together ſoftly that you break not the bread, nor Marrow : then ſlice ſome thin pieces of Apple into the bottom of your diſh, that you bake it in, and put your Pudding thereon : bake it in an oven not ſo hot as for Manchet : when its enough, ſtick it with Cittern, and ſtrow it with Sugar.

To blanch Manchet in a frying-Pan.

TAke twelve Eggs, caſting by the whites of ſix, beat them in three quarters of a pint of Cream : put to it almoſt a penny Manchet grated, a little Sugar, Cloves, Mace, Nutmeg, and a little Roſe-water, beat all theſe together, and fry it in ſweet Butter, as you fry a Tanſie; when it is fryed, waſh it over with a little Sack, and the juice of a Lemon, then turn it out on a Plate, diſh it, ſcrape on Sugar, and ſend it up.

Another way.

GRate four Manchets, and put them in a diſh with ſix Eggs, two quarts of Cream, Cloves, Mace, Roſe-water, Salt, Sugar, with a handful or two of Currans, and a pound of Beef ſuet minced with a hand-

ful of Dates ſliced, all manner of good ſweet herbs minced and ſtamped with a handful of ſpinnage, ſtrain out the juice of them, add thereunto Cinamon and Nutmeg, beat all theſe together, put Butter in your diſh with ſippets thereon, ſo put your Pudding therein and bake it.

To boyl Pigeons the French Faſhion.

TAke your Pigeons, ſet and lard them, put them into a Pipkin with ſo much ſtrong broth as will cover them; when they are ſcummed, put to them a faggot of ſweet herbs, ſome large Mace, a handful of Capers, and Raiſins of the Sun ſhred ſmall, ſix quartered Dates, a piece of Butter, with the yolks of three hard Eggs minced, with a handful of Grapes or Barberries, then beat two yolks of raw Eggs, with Verjuice and ſome of your broth, a ladle of drawn Butter, and a grated Nutmeg: ſo diſh it on ſippets, and lay it round with ſlices of Bacon.

To boyl Mullet, or Pike with Oyſters.

TAke a fair Mullet or Pike, truſs it round, and ſet on a pan of water, ſtrow into it a handful of Salt, and a handful of ſweet herbs, make your water boyl, tye your Mullet or Pike in a fair cloth, and put him in your boyling liquor, with a pint of white wine Vinegar, let your fiſh boyl leiſurely until it ſwim, take the rivet and a pint of Oyſters, with their liquor and a little White wine, three or four blades of Mace, and a little groſs Pepper; boyl all theſe by themſelves, when they are enough, ſtrain the yolks of three or four Eggs with half a pint of Sack; add to it a ladleful of drawn Butter, then diſh up your fiſh on ſippets, pour on your broth and Oyſters all over, you may add roaſted Chefnuts and Piſtaches, ſo garniſh it over with fryed Oyſters; ſtick it with Toaſts and Bay-leaves; and ſtrow all over your diſh hard Eggs minced.

To

To boyl Carps an honourable way.

TAke two live Carps, or as many as you intend to boyl, knock them on the head, open them in the bellies, and draw them clean; take heed you break not the gall, wash out the blood with a little Claret wine and save it; salt them well on the bellies; and save the scales, as whole as you can on them; set on your pan with fair water, and about a quart of Vinegar, a faggot or two of sweet herbs, half a dozen cloves of Garlick, sliced Ginger, large Mace, and quartered Nutmegs, and a handful and half of Salt, with a Lemon or two cut in slices; when your pan boyls, put in your Carps upon your false bottom, and whilst they boyl, make your sawce after this manner: take the body of a Crab or two, and put it into a deep dish, put to it the blood of your Carp and Claret wine (before named) with two or three Anchovies, a little Time and Fennel minced exceeding small, some Oyster-liquor, Vinegar and Salt, and half a dozen Oysters minced; let this stew up all together, and be ready with your Carp; if it be thick, you may add Claret wine, or gravy, if none be offended; when it is enough, grate a Nutmeg into it, and beat it up with the yolk of an Egg, and a little drawn Butter, and put it into half a dozen large Sawcers; it ought to be but little thinner than Mustard; then take up your Carps being quick boyled, and dish them on a large Dish and Plate, garnish the brims thereof, and underneath with Fennel, Flowers, or Orange peel minced, garnish your Carps with Oysters fryed up in Eggs, and put your Sawcers on your dish round your Carps, and serve it up.

Another way to boyl a dish of great Flownders.

WHen your Flownders are drawn, scorch them on the black side very thick, and put them into a

great Diſh, pour on Vinegar, and ſtrow them over with a handful of Salt, and when your pan boyls ſeaſoned as before, lay in your Flownders on your falſe bottom with their white ſides downwards; they will be boyled with about a dozen walms; take them up, diſh them in a large diſh on ſippets, with the black ſide upwards, and pour on drawn Butter all over them, grating on a Nutmeg, and ſcruiſe in a Lemmon or two, ſo garniſh it with Lemon and ſend it up.

To make a Haſh of Partridges or Capons.

TAke twelve Partridges and roſt them, and being cold mince them very fine, the brawns and wings, and leave the legs and rumps whole; (to be carbonadoed) then put ſome ſtrong Mutton broth to them, or good Mutton gravy, grated Nutmeg, a great Onion or two, ſome Piſtaches, Cheſnuts and Salt, then ſtew them in a large earthen Pipkin, or Sawce-pan, ſtew the rumps and legs by themſelves in ſtrong broth in another Pipkin, then have a fine clean diſh, then take ſome light French bread chipt, and cover the bottom of your diſh, and when you go to diſh your Haſh, ſteep the bread with ſome Mutton broth, or good Mutton gravy; then pour the Haſh on the ſteeped bread, lay the legs and the rumps on the Haſh, with ſome fryed Oyſters, Piſtaches, Cheſnuts, ſliced Lemon, and Lemon-peel, yolks of Eggs ſtrained with the juice of Orange, and beaten Butter beat together, and run over all; garniſh your diſh with carved Oranges, Lemons, fryed Oyſters, Cheſnuts and Piſtaches; thus you may Haſh any kind of fowl, whether water or land.

A rare Frigaſy.

TAke ſix Pigeons, and as many Chicken-peepers, being clean drawed, ſcald and truſs them, head and all on, then ſet them, and have ſome Lambſtones and

ſweet-

ſweet-breads blanched, parboyled, and ſliced, fry moſt of the ſweet-breads floured, have alſo ſome Sparragraſs ready; cut off the tops an inch long; the yolks of two hard eggs, Piſtaches, the Marrow of ſix Marrow-bones, half the Marrow fryed green, and white batter, let it be kept warm till it be almoſt dinner time, then have a clean frying-pan, and fry the fowl with ſweet Butter; being finely fryed, put out the Butter, and put to them ſome roaſt Mutton-Gravy, ſome large fryed Oyſters, and ſome Salt; then put in the hard yolks of eggs, and the reſt of the ſweet-breads that are not fryed, the Piſtaches, Sparragraſs, and half the Marrow, then ſtew them well in the frying-pan, with ſome grated Nutmeg, Pepper, (a Clove or two of Garlick if you pleaſe) a little White-wine, and let them be well ſtewed; then have ten yolks of eggs diſſolved in a diſh, with Grape-Verjuice, or wine-vinegar, and a little beaten Mace, and put it to the Friggaſy; then have ſome ſlices of light bread in a fair large diſh ſet on coals, with ſome good Mutton-Gravy, then give the Friggaſy two or three walms on the fire, and pour it upon the ſops in your diſh; garniſh it with fryed ſweet-breads, fryed Oyſters, fryed Marrow, fryed *Piſta*-ches, ſliced Almonds, and the juice of two or three Lemons.

To make a Bisk of Carps and other ſeveral fiſh.

MAke the Carbolion for the Bisk, of ſome Jacks or ſmall Carps, boyled in half White-wine and fair ſpring-water, ſome Cloves, Salt, and Mace boyl it down to a Jelly, ſtrain it, and keep it warm for to ſcald the Bisk; then take four Carps, four Tenches, four Perches, two *Pikes*, two Eeles flayed and drawn, the Carps being ſcalded, drawn and cut in quarters, the Tenches ſcalded and left whole, alſo the *Perches* and the Pikes all finely ſcalded, cleanſed and cut in twelve pieces, three of each ſide, then put them into a large ſtew-pan, with three

quarts

quarts of Claret-wine, an ounce of large Mace, a quarter of an ounce of Cloves, half an ounce of *Pepper*, a quarter of an ounce of Ginger pared and ſliced, ſweet herbs chopped ſmall, as ſtripped Time, Savoury, ſweet Marjoram, *Parſlee*, *Roſemary*, three or four Bay-leaves, Salt, Cheſnuts, Piſtaches, five or ſix great Onions; and ſtew all together on a quick fire: Then ſtew a pottle of Oyſters, the greateſt you can get, parboyl them in their own liquor, cleanſe them from the dregs, and waſh them in warm water from the grounds and ſhells: put them into a *Pipkin* with three or four great Onions pilled: then take large Mace, and a little of their own liquor, or a little Wine-Vinegar or White-wine: next take twelve Flownders, being drawn and cleanſed from the guts, fry them in clarified *Butter*, with an hundred of large Smelts; being fryed ſtew them in a ſtew-pan, with ſome Claret-wine, grated Nutmeg, ſliced Orange, Butter and Salt: then have an hundred of Prawnes boyled, picked and buttered or fryed: next bottoms of Artichokes, boyled, blanched, and put in beaten *Butter*, grated Nutmeg, Salt, White-wine, Skirrets and Sparragraſs, in the aforeſaid ſauce; then mince a Pike and an Eele, cleanſe them, and ſeaſon them with Cloves, Mace, Pepper, Salt, ſome ſweet herbs minced, ſome Piſtaches, Barberries, Grapes, or Gooſ-berries, ſome grated Manchet and yolks of raw eggs: mingle all the aforeſaid things together, and make it into balls, or force ſome Cabbage-Lettice, and bake the balls in an Oven: being baked, ſtick them with Pine-apple ſeeds, and *Piſtaches*, as alſo the Lettice: then all the aforeſaid things being made ready, have a clean large diſh, with large ſops of French bread, lay the *Carps* on them, and between them, ſome Tench, Perch, Pike and Eele, and the ſtewed Oyſters all over the other Fiſh: then the fryed Smelts and Flownders over the Oyſters; then the balls, and Lettice, ſtuck with Piſtaches, the Artichokes,

Skirrets,

Skirrets, Sparragraſs, buttered Prawnes, yolks of hard eggs, large Mace, fryed Smelts, Grapes, ſliced Lemon, Oranges, red Beets or Pomgranats; broth it with the lear that was made for it, and run it over with beaten Butter.

To dreſs Eggs in the Spaniſh faſhion.

TAke twenty eggs freſh and new, and ſtrain them with a quarter of a pint of Sack, Claret, or White-wine, a quartern of Sugar, ſome grated Nutmeg, and Salt, beat them together with the juice of an Orange, and put to them a little Musk, or none; ſet them over the fire, and ſtir them continually, till they be a little thick, but not too much; ſerve them, with ſcraping Sugar, being put in a clean warm diſh, on fine toaſts of Manchet, ſoaked in juice of Orange, or Sugar, or in Claret, Sugar, or White-wine, and ſhake the eggs with Orange Comfits, or Muskadines, Red and White.

To dreſs Eggs in the Portugal faſhion.

STrain the yolks of twenty eggs, and beat them very well in a diſh, put to them ſome Musk and Roſe-water, made of fine ſugar, boyled thick in a clean skillet, put in the eggs and ſtew them on a ſoft fire; being finely ſtewed, diſh them on a French plate, in a clean diſh, ſcrape on ſugar, and trim the diſh with your finger. Other wayes, take twenty yolks of eggs, or as many whites, put them ſeverally into two diſhes; take out the Cocks treads, and beat them ſeverally for the ſpace of an hour; then have a ſirrup made in two ſeveral skillets, with half a pound a piece of double refined ſugar, and a little Musk, and Amber-greaſe, bound up cloſe in a fine rag; ſet them a ſtewing on a ſoft fire till they are enough on both ſides; then diſh them on a plate, and ſhake them with preſerved Piſtaches, Muskadines, white and red; and green Citron ſliced; put into

into the whites the juice of Spinnage to make them green.

To dreſs Eggs called in French A la Augenotte, *or the Proteſtant way.*

BReak twenty eggs, beat them together, and put to them the pure Gravy of a leg of Mutton, or the Gravy of roaſt Beef, ſtir and beat them well together, over a Chaffindiſh of coals, with a little ſalt: add to them alſo juice of Orange and Lemon, or grape Verjuice, then put in ſome Muſhrooms well boyled and ſeaſoned; Obſerve, as ſoon as your eggs be well mixed with the Gravy and other Ingredients, then take off the fire, keeping them covered awhile, then ſerve them with grated Nutmeg over them.

To dreſs Eggs in faſhion of a Tanſey.

TAke twenty yolks of eggs, and ſtrain them on fleſh-dayes, with about half a pint of Gravy, on fiſh-dayes with Cream and Milk; add ſalt and four Mackaroons ſmall grated, as much Biſket, ſome Roſe-water, a little Sack or Claret, and a quarter of a pound of Sugar, put theſe things to them, with a piece of Butter as big as a Walnut, and ſet them on a Chaffin-diſh, with ſome preſerved Citron, or Lemon grated, or cut in ſmall pieces, or little bits, and ſome pounded Piſtaches, being well buttered, diſh it on a plate, and brown it with a hot fire-ſhovel; ſtrow on fine Sugar, and ſtick it with preſerved Lemon-pill in thin ſlices.

To dreſs Poach Eggs.

TAke a dozen of new laid eggs, and the meat of four or five Partridges, or any roaſt Poultry, mince it as ſmall as you can, and ſeaſon it with a few beaten Cloves, Mace, and Nutmeg; put them into a diſh, with a ladleful or two of pure Mutton Gravy, and two or three

three Anchovies diſſolved; then ſet it a ſtewing on a Chaffin-diſh of coals, being half ſtewed, as it boyls, put in the eggs one by one, and as you break them, put by moſt of the whites, and with one end of your egg-ſhell, put in the yolks round in order, amongſt the meat; let them ſtew till the eggs be enough, then put in a little grated Nutmeg, and the juice of two Oranges, put not in the ſeeds, wipe your diſh, garniſh it with four or five whole Onions, boyled and broyled.

To butter Eggs upon Toaſts.

TAke twenty eggs, beat them in a diſh with ſome ſalt, and put Butter to them, then have two large rolls or fine Manchets, cut them in toaſts, and toaſt them againſt the fire, with a pound of fine ſweet Butter, being finely buttered, lay the toaſts in a fair clean diſh, put the eggs on the toaſts, and garniſh your diſh with Pepper and Salt, otherwayes half boyl them in the ſhells, then butter them, and ſerve them on toaſts, or toaſts about them: To theſe eggs, ſometimes uſe Musk and Ambergreaſe, and no Pepper.

An excellent way to Butter Eggs.

TAke twenty yolks of new laid or freſh eggs; put them into a diſh with as many ſpoonfuls of Jelly, or Mutton Gravy without fat, put to it a quarter of a pound of Sugar, two ounces of preſerved Lemon-pill, either grated or cut in thin ſlices, or very little bits, with ſome ſalt, and four ſpoonfuls of Roſe-water, ſtir them together on the coals, and being buttered, diſh them; put ſome Musk on them, with ſome fine Sugar; you may eat theſe eggs cold, as well as hot, with a little Cinamon water, or without. Otherwayes, dreſs them with Claret-wine, Sack, or juice of Oranges, Nutmeg, fine Sugar, and a little Salt; beat them well together in a fine clean diſh, with carved ſippets and candid Piſtaches ſtuck in them.

To

To make Cheese-cakes.

FOr your Coffins, take half a pound of floure, a quarter of a pound of fine Sugar beaten in a morter, two spoonfuls of Rose-water, three or four yolks of eggs; make this into a paste, with cold butter, and two or three spoonfuls of milk; roll it into sheets as broad as Trencher-plates, and cut them round with a Jagging iron; then take three pints of tender Cheese curds, made of new milk, pressed exceeding dry from the whey; put to them about twelve yolks of eggs, and three whites, one pint of thick Cream, a pound of fine Sugar, some Nutmeg and Cinamon beaten exceeding small, otherwayes oyl of the same; three spoonfuls of Rose-water, and as much or more of Sack; beat all these together, by adding a pound of sweet Butter melted, and so much grated Naples bisket or Mackaroons, as will bring it into such a body, that when you lay it with your spoon on your sheets of paste, it will not so run abroad, as to beat down the sides; fill your sheets with three or four spoonfuls of each, or at your pleasure; raise them and close them at the corners, and give them a quarter of an hours baking in a gentle Oven, you may infuse Musk or Ambergrease in them if you please; if this be too thin, so that it will run abroad, set it on a heap of Charcoals, and harden it, but alwayes keep it stirring, for it must be cold before you use it.

To make Dowsets.

TAke two quarts of sweet Cream, and infuse a Nutmeg or two cut in pieces, two or three sticks of Cinamon, and blades of large Mace, set it for some time upon the coals, but boyl not your Cream at all, then take fourteen eggs, casting by ten whites, and beat them to your Cream blood-warm, then run it through a strainer,

ſtrainer, and beat to it about half a pound and upwards of white Sugar, four ſpoonfuls of Roſe-water, if you pleaſe a little oyl of Cinamon and Nutmeg; you may colour ſome of your ſtuff with Cowſlips, Spinnage, Violets, or Gillyflowers, and ſo have your varieties at your feaſt; your Coffins are uſually after the manner of high cups, about four or five inches high; ſome bake them in little cups of Chainie; about eight, ten, or twelve in a diſh is enough; you may ſtick your white ones with a ſliced Citron, and your coloured with ſliced Almonds, and ſo ſerve them up.

How to make a congealed meat, to be eaten cold.

TAke a *C*alves head and parboyl it, then cut off all the meat from the bones and mince it ſmall, ſeaſon it with minced Sage, Time and other ſweet herbs, and ſome Onion with them, as alſo beaten Pepper, *C*loves, Mace, Nutmeg, Anchovies, minced, and a reaſonable quantity of Salt; then take a narrow pot or pitcher ſomething high and ſmall, and put in two handfuls of the meat into the bottom of the pot, then ſtrow in a little Bacon thereon cut in dice, then put in two handfuls more, as alſo mince Bacon thereon, till all the minced *C*alves-head is in the pot; cram it in hard, and ſtop the pot with a cork and a cloth, and let it boyl in a pot up to the neck, for the ſpace of ſix or ſeven hours, then take it off, let it ſtand till it is cold, and then break the pot, and the congealed colour will be fitting to be ſent to the Table whole, or to be ſliced forth for ſecond courſe; thus may you do *C*alves-feet, or *C*ow-heels, ſeaſon it high with minced herbs, Salt, Spice and Bacon.

How to congeal a Turkey or Capon.

PArboyl either, and take the fleſh from the bones and mince it, the blackeſt fleſh by it ſelf, and the whiteſt by it ſelf; then take a great Onion, a little Horſe-

Raddiſh,

Raddiſh, and a little Time minced ſmall, ſeaſon it with this, as alſo Mace, Nutmeg, and Salt, with a handful of fat Bacon cut ſmaller than Peaſe, and a handful of Weſtphalia Bacon minced ſmall; mingle all theſe together with your fleſh, only the white by it ſelf, and the black in another parcel, then put a handful or more into a *Pitcher* or narrow Pot, as aforeſaid, then put a handful of the black fleſh on it, and then the white again, ſo do till all be rammed into the Pot, then having a quart of White-wine and nine Anchovies, with two ounces of Izinglaſs, boyled to the conſuming of half a pint thereof, ſtrain it into the Pot to your aforeſaid ingredients, and ſtop it cloſe with a cork and a cloth, and boyl it in a pot of water, your *Pitcher* ſtanding up to the neck, for the ſpace of ſix hours; when it is cold, break your pot, and it will be in a coller; you may ſlice it, or ſerve it whole in a coller; if you have three little pots, you may divide it in three, and ſo ſerve it in three little collers at a Feaſt; theſe kind of meats ought to be ſeaſoned high.

How to make ſmall Pindents to fry for firſt courſe.

TAke one pint of flour, and as much grated bread, eight eggs, caſt away the whites of five thereof, beat it to a thick batter, with Cream, *Roſe*-water and Sack, ſeaſon it with beaten Cinamon, Ginger, Nutmeg and Mace, put to it a handful of parboyled Currans, and a handful of minced Marrow, if not Beef-ſuet, add Salt, then let your pan be hot with clarified Butter or ſweet ſuet, then drop it in by ſpoonfuls, and when they are fryed on both ſides, diſh them up on a diſh and plate, and ſcrape on Sugar; you may add a handful of Sugar to the batter.

How

How to make rich Pancakes.

TAke a pint of Cream, and half a pint of Sack, and the yolks of eighteen Eggs, and half a pound of Sugar, ſeaſon it with beaten Cinamon, Nutmeg, Mace, beat all theſe together for a good ſpace, then put in as much flour as will make it ſo thick as it may run thin over the pan; let your pan be hot, and fry them with clarified *Butter*; this ſort of Pancakes will not be criſp, yet it is counted a rare way amongſt the Gentry.

Another way to make them criſp.

TAke the ſaid ingredients, only put no Sugar into your batter, and put in but fourteen eggs, caſt away the whites of nine; let it be as thin as it can run, fry them criſp, and ſtrow Sugar on them when you ſend them up.

How to fry a leg, breaſt or neck of Lamb.

BOne your Lamb and parboyl it, then ſlice it in thin pieces, and take about ſix yolks of eggs, put to them Time, ſweet Marjoram, and Parſley minced ſmall, and a grated Nutmeg, and a little Mace beaten, add Salt, and beat it all together with your yolks; let your pan be hot with clarified Butter, and dip your ſlices of Lamb into your eggs and herbs, and fry it ſoftly; when it is fryed enough on both ſides, put in a little White-wine, Gravy, and ſtrong Broth, beaten with the yolks of two eggs, a ſliced Nutmeg, the juice of a Lemon, and ſome drawn Butter, ſhake it till it boyls in your frying-pan, and pour it into your diſh upon ſippets; if you love it ſweet and ſharp, add to your Lear White-wine, Sugar and Vinegar, inſtead of ſtrong Broth.

How to make a green Frigaſy of Chickens.

TAke four Chickens and boyl them almoſt enough, then cut them in pieces, then take a good handful of Parſlee ſcalded green, and mince it ſmall, and put it into the yolks of eight eggs, put to it ſome minced Time and grated Nutmeg, your pan being hot with clarified Butter, dip in your pieces of Chickens into the green batter, and put them into the frying-pan, and when they are fryed gently on both ſides, put to them a Lear of White-wine, beaten with three yolks of eggs, and Parſlee boyled green, minced ſmall, with a Lemon cut dice wayes, and a little Sugar and Vinegar, and keep them ſhaking in the pan till they boyl; then put them into a diſh, and ſerve them up upon ſippets; you may add Gooſ-berries or Grapes to them in the Summer ſeaſon, and in the Winter Skirrets or Potatoes over them.

A fryed meat in haſte for the ſecond courſe.

TAke a pint of Curds made tender of morning Milk, preſſed clean from the Whey, put to them one handful of flour, ſix eggs, caſting away three whites; a little Roſe-water, Sack, Cinamon, Nutmeg, Sugar, Salt, and two Pippins minced ſmall, beat this all together into a thick batter, ſo that it may not run abroad; if you want wherewith to temper it, add *Cream*; when they are fryed, ſcrape on Sugar and ſend them up; if this curd be made with Sack, as it may as well as with Rhennet, you may make a Pudding with the Whey thereof thus.

How to make a Pudding with Whey.

PUt into a quart of Whey one pound of Butter, one penny roll cut very thin in ſlices, a ſtick or two of Cinamon, ſome large Mace, and let it boyl all together half

half a quarter of an hour, then cool it, and beat to it six eggs, cast away three whites, you may add Almonds beaten, Dates cut in quarters, Marrow, Sugar, Rose-water and salt butter; your dish having a garnish about the brims, it will take a quarter of an hours baking; when you make Sack and Pottage, as is taught in my first Book, you may make use of the Whey thereof, if you make not a Cawdle with it, as you may do if you please.

How to make Apple-pyes to fry.

TAke about a dozen Pippins, pare them, cut them, and almost cover them with water, and almost a pound of Sugar, let them boyl on a gentle fire, close covered, with a stick of Cinamon, minced Orange pill, a little Dill-seed beaten, Rose-water; when this is cold and stiff, make it into a little pasty with rich paste.

How to make a boyled meat, a forced meat, a dish of Collops, and a roast meat, and a bake a meat, of a leg of Veal, with some other small ingredients.

FIrst, for your boyled meat, take a small knuckle of the said leg, and about a pound of good middling Bacon, take off the rhine and the inside, and cover both in a little pot with strong Broth, when it boyls and is scummed, put to it two whole Onions, and a good faggot of sweet herbs, a little whole Pepper and large Mace, when it is almost boyled, take an handful of Spinnage, as much Lettice and Parslee, and hack it three or four times over with a knife, and put it into your Broth and Meat, add some minced Time and sweet Marjoram, let them have a quarter of an hours boyling, when it is enough and seasoned with Salt, beat to it the yolks of three eggs, and dish the Knuckle of Veal on sippets, and lay the Bacon round about, and over it, then pour on

your broth and herbs on the meat, garniſh your diſh with Lemon and ſerve it up; in the Winter time you may make Barley broth of the ſaid Knuckle, and leave out the Bacon.

Then ſplit your Fillet of Veal down by the bone, and of the ſinewy part make two or three large Collops, as broad and as long as half a ſheet of white paper, by beating of them thin with a Cleaver; then cut two diſhes of Collops very thin, and hack them more thin with the back of a knife; take half theſe Collops, and fry them brown in clarified butter, then put them into a Pipkin with ſtrong broth, Claret-wine, Gravy, two Anchovies, a handful of Oyſters, two Onions, a faggot of ſweet herbs or Time minced, ſtew them up together, when they are enough, add a grated Nutmeg and drawn Butter, and diſh them up on ſippets.

For the roaſt Olives, take the other half, the thin Collops being ſpread abroad, ſeaſon them with Cloves, Mace, Nutmeg and Salt, then take a good handful of ſweet herbs, Parſlee and Spinnage, mingled together with a piece of Beef ſuet, the yolks of hard eggs, put to it a handful of Currans, and ſeaſon it with Cloves, Mace, Nutmeg beaten, Salt and a little Sugar; ſo put the yolks of four new eggs, and lay part thereof upon all the Collops, and roll them up cloſe; ſo ſpit them croſs wayes on a ſmall ſpit, and let them roaſt with a diſh under them, having therein the reſt of the herbs, if any left, put a little Claret-wine and Vinegar into the ſaid diſh; when your Olives are roaſted, draw them into the ſaid diſh, and ſet them on a tapitt of coals, and let them boyl, then put to them a ladleful of drawn butter, let your ſauce be ſharp ſweet, by adding a little Sugar, diſh them up, and pour the ſauce over them, and garniſh them with Lemon.

Then

Then take the reſt of the meat undiſpoſed of, and the pieces that you could not well cut in Collops, & parboyl it, and mince it with more Beef-ſuet than it ſelf contains to, alſo three Pippins, ſome Dates, a little Orangado, ſeaſon it with Cloves, Mace, Nutmeg, Cinamon, then take the one half of this minced meat, and add Sugar, Roſe-water, and a handful of Currans thereto, of this meat make one dozen of ſmall *Petetes*, about the bigneſs of a Gooſe egg, cloſe them and bake them, and when they are baked, put to them Verjuice, Sugar, beaten up hot with the yolk of an egg, ſo ſcrape on Sugar, and ſerve them to the Table.

For your forced meat, take the reſt of your minced meat, and mingle it with a good handful of ſweet herbs, Spinnage and Sives, a little Bacon minced, then put a little ſugar and Vinegar, the yolks of half a dozen hard eggs, and as many raw eggs, ſo make it up into a body very tender, with grated bread, and lay it all over your three large Collops, and roll them up cloſe, bake them in an Oven, and when they are baked, ſlice them out into a diſh, add Butter, Vinegar and Gravie, to the liquor that they were baked in, for their Lear; ſo have you five diſhes, boyled, fryed, roaſted, baked and forced.

A Fridayes *diſh made with Barley.*

TAke a quarter of a pound of perled Barley, and boyl it until it begins to break, then put it into a Cullendor, and ſet on your skillet with other liquor, and when it boyls, put in the Barley again, and let it boyl till it be very ſoft, then ſtrain the water from it, then take a quarter of a pound of blanched Almonds and beat them in a Morter, when they are almoſt beaten beat your Barley with them, then put to it ſome of the ſaid liquor, a little Sack, Roſe-water, ſeaſon it with Sugar, Nutmeg, Cinamon, and boyl them well together

on a Chaffin-dish of coals, when you send it up, add a ladleful of drawn Butter, scrape on Sugar.

For a Friday, *to make a dish of fryed toasts.*

TAke a stale two penny loaf or two, and cut them in round slices throughout the loaf, soak them in Sack and strong Ale on the one side, then dry them on a pye-plate on that side, do so to the other side, then take the yolks of a dozen eggs beaten, seasoned with Nutmeg and Cinamon, dip your toasts therein, your pan being hot with clarified Butter, put them in and fry them brown on both sides, and dish them up, and pour on them Butter, Rose-water, and Sack drawn together, so scrape on Sugar.

Another Friday *or Lent dish.*

TAke a pint of flour, put to it three yolks of eggs, a little Butter, a little Sugar, Cinamon beaten, and Nutmeg grated, and make it into a stiff paste with Cream and Rose-water, then roll them out into very thin ropes, and gage them round your pan, being hot with clarified Butter: fry them quick away, but burn them not; take them up and let them dry, then dip them in the yolks of eggs, being seasoned with Cinamon and Nutmeg, and fry them of a good yellow colour, and dish them, scrape on Sugar.

A second course dish in the beginning of the Spring.

TAke of Primrose-leaves two handfuls, and boyl them, scruise the water from them, and mince them small, three Pippins, season it with Cinamon, put to it half a handful of dry flour, and the yolks of eight eggs, only two whites of the same, mingle this together, adding a little Sugar, Cream, and Rose-water, your stuff must be thick that it run not abroad, your pan being hot with clarified Butter, drop them in by less than spoonfuls,

fuls, and fry them on both ſides as criſp as you can, diſh them, and ſcrape on Sugar.

To make a made diſh.

TAke a quarter of a pound of Almonds, and beat them ſmall, and put in Roſe-water in their beating, that they may not oyl, ſtrain them into Cream, then take Artichoke bottoms and Marrow, your Cream being boyled with Dates, Sugar, whole Cinamon, large Mace, and Nutmeg, cool your Cream, and beat in the yolks of four eggs, then pour in your Cream into a diſh, garniſhed with Paſte on the brims, put on your Artichokes and Marrow, and bake it for a quarter of an hour, you muſt take out the whole ſpice.

An excellent way how to broyl Eeles.

TAke the great Eeles, ſuch as you ſpitchcock, or others, and flea them, and cut them into lengths, about four inches, and ſcorch your pieces very thick with your knife, then baſte them over with Butter in the ſcorches, then having one Onion minced ſmall, with more Time then it, a little ſmall Pepper, Nutmeg and Salt, caſt all this to your Eeles, and rub it into the ſcorches, your Gridiron being very hot, lay it on, and let it broyl ſoftly; for your ſauce, take a little Oyſter liquor, boyled with Time, Nutmeg and drawn Butter; otherwiſe drawn Butter it ſelf.

How to butter a diſh of eggs with Anchovies.

BReak your twenty eggs into your Butter in a diſh, as at other times, and ſet them on coals, then take eight Anchovies, and diſſolve them in ſix ſpoonfuls of White wine, and pour them into your eggs, then having one handful of Piſtaches beaten ſmall in a Morter, put them into your eggs with a quarter of a pint of

Mutton Gravy, if you pleaſe, you may leave out your White-wine, and diſſolve your Anchovies in Mutton Gravy, let not your eggs be too ſtiff; then having a diſh full of toaſts cut in large ſippets, lay your eggs by ſpoonfuls on the toaſts, or elſe diſh them other wayes, with the toaſts about them, and on the brims of the diſh.

How to fry a diſh of Cheeſe.

TAke a quarter of a pound of good Cheeſe, or *Parmyzant*, and grate it, put to it a little grated bread, a few Caraway ſeeds beaten, the yolks of as many eggs as will make it into a ſtiff ba tter, ſo that it will not run, fry it brown in Butter, and pour on drawn Butter with Claret wine when they are diſhed.

How to broyl a leg of Pork.

TAke part of the Fillet and skin it, and cut it into thin Collops, then hack them thinner with your knife, then take Sage and a little Time minced exceeding ſmall, with a little ſmall *Pepper* and Salt, and ſtrow over them; then put them upon your Gridiron, ſo ſtrow the other ſide with your ſeaſoning, and broyl them on both ſides; for their ſauce, take Muſtard, Vinegar, Sugar and drawn Butter, ſo put your Collops thereon.

How to roaſt the ſaid Collops.

WHen they are cut and hacked, as aforeſaid, then take one handful of ſweet herbs, with ſome Sage and Spinnage, mince them ſmall with Beef-ſuet, and a little flack of the Hog, ſeaſon this with Mace, Nutmeg, *Pepper* beaten, and Salt, ſo ſtrow it all over your Collops, and roll them up, and ſpit them as you do Olives; make ſauce with the ſaid herbs, with Muſtard, Butter and Sugar; when they are roaſted, draw them and diſh them.

How

How to make a Palate pye.

TAke one fat Capon or Fowl, and cut him into ſmall pieces, ſeaſon him with Mace, Nutmeg, minced ſweet herbs and a little Salt, and put this in the bottom of your Coffin, then take two dozen of Larks, or other ſmall fowl, and force them with the aforeſaid ſeaſoning, adding the yolks of three eggs, with ſome Bacon minced, and force them, filling their bellies, and lay them in upon your Capon in the Coffin, then ſeaſon half a dozen Lambs ſweet breads, being cut in peices, and if in the ſeaſon, ſome ſtones and boyled Palates ſliced, and hard eggs, place all theſe between, with ſome forced meat balls, as big as the yolks of eggs, and alſo yolks of eggs boyled hard, and according to the ſeaſon Artichokes, or Oyſters in Winter; cloſe your pye with Muſhrooms in it and butter, and make a Lear of ſtrong Broth, Gravy, Anchovies, or as rich as you can with a hogo.

Very

Very rare and moſt choice

RECEIPTS

For all manner of

Preſerving, Conſerving, and Candying, &c.

To Preſerve Pippins.

TAke and ſlice them round, as thick as half a Crown, and ſome Lemon-pill (in ſlices) amongſt them: Or elſe cut like Orange-pill, or ſmall Lard; being boyled and cut in the ſame manner; then make the ſirrup weight for weight, that being well ſcummed, clean and clarified, put in your Pippins, and boyl them up quick; to a pint of water add a pound of Sugar; or a pint of Claret or White-wine; ſo you may make them of different colours.

Another way.

TAke three pints of Conduit water, nine ſpoonfuls of Roſe-water, two pound or more of Sugar, boyl all together, ſcum it clean, then pare and core them, if you intend to keep them long; weigh them, after they are ſo done, and unto every one of your Apples, add a pound

pound of Sugar; but if you keep them not long, put in as many as your ſirrup will boyl; and let them ſeeth (being often turned) about three hours or more; when they are enough, the ſirrup will be like a Jelly: After this way you may preſerve all ſorts of Apples.

Another way to preſerve them Green.

TAke them when they are ſmall and green off the tree, and pare four or five of the worſt, cut them all to pieces, boyl them to pap in a quart of fair water, then pour the liquor from them into a baſon, and put to them one pound of refined Sugar, add to this as many green Pippins unpared as your liquor will cover; let them boyl ſoftly; and when they are enough, or as tender as Codlings, take them up, and peel off the outermoſt white skin, then will they be green, boyl them again in your ſirrup, until it be thick, for your keeping all the year.

To preſerve Apricocks.

TAke of Apricocks and Sugar, of each one pound; clarifie your Sugar with a pint of water, and when it is made perfect, put it into a preſerving-pan, together with your Apricocks, ſo let them boyl gently; when they are enough, and your ſirrup thick, pot them, and keep them for your uſe: In the like manner you may do your Plumb, or Pear.

Another way.

TAke them when they are green and young, that you may thruſt a needle through ſtone and all, but all other Plumbs muſt be taken green, and at the higheſt growth; then put them into indifferent hot water to break them, let them be cloſe covered therein, until it will come off with ſcraping, all this while they will look yellow; then put them into another skillet of hot water

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and let them there remain until they turn perfect green; then take them out and weigh them, and add to them the like quantity or more, of the beſt refined Sugar, with the white of an egg: So keep it preſerved for your uſe.

Another way to preſerve them ripe.

STone and weigh them with the like quantity of Sugar; pare them, and ſtrow on the Sugar; let them remain together, until the moiſture of the Apricocks hath diſſolved the Sugar, and are come to a ſirrup; then ſet them on ſoft fire, but have a care they boyl not, until your Sugar be all melted; then boyl them a pretty pace for half an hour, keeping them ſtirred in the ſirrup; then ſet them by for two hours, and boyl them again until your ſirrup be thick, and your Apricocks look clear; Boyl up the ſirrup higher, then take it off; and when it is cold, put in your Apricocks into a Glaſs, or Gally pot; being well cloſed up; keep them for your uſe.

To preſerve Pippins red.

TAke of the beſt coloured Pippins, being pared, with a Pearcer, bore a hole through them; then make ſirrup for them, as much as will cover them; ſo let them boyl in a broad preſerving pan, put into them a piece of Cinamon-ſtick; ſo let them boyl cloſe covered very leiſurely, turning them very often, or elſe they will ſpot, and the one ſide will not be like the other; let them thus boyl, until they begin to Jelly, then take them up and pot them: You may keep them all the year for your uſe.

To preſerve Pears.

TAke them when they are new gathered, being ſound and mellow, put them into your pot with a laying of Vineleaves dryed in the bottom thereof, then put a laying of *Pears*, and on them another of leaves, ſo do until your pot be full; then put in ſome old wine, with a weight on the top of your pot to keep them down, that the *Pears* ſwim not, and ſo preſerve them.

Another way for white Pippins.

TAke fair large *Pippins* after *Candlemas*, pare them, and bore a hole through them, as you did before for the red; take a weak ſirrup, and let them boyl until they be tender; then take them up and boyl your ſirrup a little higher, and put them up in a Gally-pot, let them ſtand all night, and the next morning the ſirrup will be ſomewhat weaker; then boyl the ſirrup again to its full thickneſs, ſo pot them for your uſe all the year; if you would have them to have a more pleaſant taſte than the natural Pippin, put in one grain of Musk, and a drop of Chymical oyl of Cinamon, and that will give them a pleaſant taſte.

To preſerve Medlars.

TAke the weight of them in Sugar, adding to every pound thereof, a pint and half fair water, let them be ſcalded therein, till their skin will come off; then take them out of the water and ſtone them at the head; then add your Sugar to the water, and boyl them together; then ſtrain it, and put your Medlars therein, let them boyl apace, until it be thick; take them from the fire, and keep them for your uſe.

To preſerve Peaches.

TAke a pound of your faireſt and beſt colored Peaches, and with a wet linnen Cloth wipe the white hoar off them; parboyl them in half a pint of White-wine, and a pint an half of running-water, and being parboyled, peel off their white skin; then weigh them, and to every pound of Peaches, add three quarters of a pound of refined Sugar, diſſolved in a quarter of a pinte of White-wine; boyl it almoſt to the height of a ſirrup a quarter of an hour, or more, if need ſhould require, ſo put them up, and keep them all the year for your uſe.

Another way.

TAke your Peaches, and put them into ſcalding hot water, till you can pull off the skin; then take your Roſe-water and Sugar, and boyl it until it be thick; then put your *P*eaches therein one by one, ſtrowing on Sugar; and as they melt, ſtrow on Sugar about four or five times more, and let them boyl, with a ſoft fire, until they be tender; Obſerve to keep them covered while they boyl, then take them out, and preſerve them for your uſe.

Another way.

TAke a dozen or twenty young *P*eaches, part them in two, and take out the ſtones; then take as much Sugar as they weigh, with ſome Roſe-water, put in your *P*eaches and make a ſirrup, that it may ſtand and ſtick to your fingers; boyl them ſoftly a while, then lay them in a diſh, and let them there ſtay for two or three dayes; then ſet your ſirrup on the fire, boyl it up, put in your Peaches, and ſo preſerve them for your uſe.

To preſerve Quinces.

TAke of Quinces a pound, and core them; parboyl and peel off the outermoſt white skin, weigh and add to them a pound of refined Sugar; then cover, and boyl them over a gentle fire, adding to them a ſtick or two of good Cinamon, cut in ſmall pieces; and ſo ſtir them continually, that they may be well coloured on every ſide; and when the ſirrup is come to the height of a perfect Jelly, then take them off the fire, for the higher your ſirrup is, the better will your Quinces keep.

Another way to preſerve them white or red.

PAre and core your Quinces, that muſt be white; put them in fair water two or three hours, take the weight of your Quinces in Sugar, put them in as much water as will make the ſirrup to cover them; let your ſirrup boyl, a little before you put your Quinces in; after let them boyl apace, until they are tender and clear; then take them out, and boyl the ſirrup by it ſelf a little while; when they are cold, put them into your Pots or Glaſſes for your uſe; if you would have them red, put them into your Sugar raw, cover them cloſe, and boyl them ſoftly until they be red; they muſt not at all be put in cold water.

To preſerve Goosberries.

TAke of the largeſt of your Goosberries, but not through ripe, pick all the ſtalks from them, waſh them clean, take a pound, ſet them on the fire until they be hot, then take them off, and let the liquor run from them, then take ten ounces of hard Sugar, and four ounces of Sugar-Candy, clarifie it with a pint of water and the white of an egg, and boyl it to a thick ſirrup, then put in your Goosberries, let them boyl a walm

walm or two ſo, betwixt hot and cold put them up, and keep them all the year for your uſe.

Another way.

TAke your Gaſcoyn Gooſ-berries, which are of the largeſt ſort, ſet a pan of water on the fire, and when it is luke-warm cover them cloſe, keep them warm half an hour; then have other water aforeſaid, put them into that, after the ſame manner coddle them three times over in hot water, until they look green; then pour them into a ſieve, extract all the water from them, then add as much clarified Sugar as will cover them, let them ſimper leiſurely cloſe covered, which will make them look as green as Leek blades; let them ſtand ſo for an hour, then take them off the fire, and let the ſirrup ſtand until it be cold; then warm them once or twice, take them up, and let the ſirrup boyl by it ſelf; ſo pot and keep them for your uſe.

Another way.

TAke of your biggeſt Gooſ-berries with their ſtalks on; then prick three or four holes in each of them; take to every pound of Gooſ-berries a pound of Sugar, and lay the moſt of your Sugar in the bottom of your preſerving-pan, lay your Gooſ-berries one by one thereon, then ſtrow more Sugar on them, to each pound of Gooſ-berries add four ſpoonfuls of water, ſet them on a Chafin diſh of hot embers, let them ſtand uncovered a pretty while before they boyl, but not too long, for it will make them red; let them not ſeeth too faſt, put the reſt of the Sugar upon them as they boyl, and it will keep them from breaking; when they are enough, put them up for your uſe.

To preſerve Mellacatons.

STone and parboyl them in water, then peel off the outward skin; they will boyl as long as a piece of Beef, therefore you need not fear the breaking of them; when they are boyled, make a ſirrup of them, as you do of other fruit, and keep them all the year.

To preſerve Damſins.

TAke thoſe which are large and well coloured, but not through ripe, then they will break; pick them clean and wipe them one by one; weigh them, and to every pound of Damſins, you muſt add a pound of *Barbary* Sugar that is white and good, diſſolved in half a pint or more of water, boyl it almoſt to the height of a ſirrup, then put in your Damſins, keeping them with continual ſcumming and ſtirring with a ſilver ſpoon; let them boyl until they be enough, on a gentle fire; then may you take them up, and keep them all the year.

Another way.

GAther your Damſins in a fair day, and two dayes before you preſerve them; let none be bruiſed, but all full ripe, or elſe they will not be well coloured; put unto every pound of them, a pound of fine ſugar, add to every pound a ſpoonful of Roſe-water; put your Damſins one by one in a fair platter, then put them on a Chafin-diſh with Embers, not too hot, caſt on them ſo much ſugar as the Roſe-water will melt, before you ſet them on the fire; and when your platter is warm, caſt on half your Sugar; let your platter be but as hot as you may ſuffer your hands on it, turn them not, until there be as much ſirrup as will bear them up, and then turn them, but let them not ſeeth when you ſo do; then caſt on the reſt of your Sugar, and they will break

break on both ſides, but let them lye in ſirrup a little while, then turn the broken ſides downwads again, and let them ſeeth ſoftly a little while, then turn them as often as you will; let them ſeeth until you think they are enough, but not boyl too long, for it will make them tough and ſpoyl their colour; ſcum them very clean, and when they are cold, put them up in glaſſes; putting into it four or five Cloves, with as many ſticks of Cinamon an inch long; thus may you do with any kind of *Plumbs*; but you muſt put no Cloves or Cinamon to your white Plumbs.

To preſerve Grapes.

TAke them very green, ſtone and cut them into little bunches; then take the like quantity of refined Sugar finely beaten, and ſtrow a row thereof in your preſerving-pan, and a laying of Grapes upon it; lay more ſugar on them; put to them four or five ſpoonfuls of fair water, and boyl them up as faſt as you can.

Another way.

TAke your Grapes when they are almoſt ripe, cut off their ſtalks, and as you ſtone them put on ſugar; take three quarters of a pound of ſugar; to every pound of Grapes; alſo take ſome Grapes that are not full ripe, ſtamp and ſtrain their juice out of them, and put two ſpoonfuls thereof to a pound of Grapes; ſet them on the fire, but ſhake them in your pan, that they burn not to the bottom; when the ſugar is melted, let them boyl very faſt; you ſhall know when they are enough, by the clearneſs of your Grapes, and the thickneſs of your ſirrup.

To preſerve Cherries.

TAke of the beſt and faireſt Cherries about two pound, and clip off the ſtalks by the middle

with a pair of ſheets; waſh them clean, beware of bruiſing them; then take of fine *Barberry* ſugar, ſet it over the fire in a quart of fair water, in the broadeſt veſſel you can get, and let it ſeeth till it be ſomewhat thick; then put in your Cherries, and ſtir them together with a ſpoon, ſo let them boyl, ſcumming and turning them very gently, that the one ſide may be like the other, until they are enough; which to know, you muſt take up ſome of the ſirrup with one Cherry; ſo let it cool, and if it will ſcarce run out, it is enough; thus being cold, you may put them up, and keep them for your uſe.

Another way.

TAke your Cherries in the morning before they are too ripe; pull off the ſtalks, and lay them in a pan, with a little Sugar under them; to a pound of Cherries, add a pound of Sugar beat very fine; as your Cherries boyl up, caſt ſugar on them; ſcum it not, till it be ready to ſeeth over, boyl them with a quick fire, for the ſooner they are boyled, the ſourer they will be, fear not their breaking, for they will cloſe again, ſeeth not above two pound at once, the fewer the better; boyl them not overmuch, but rather too little; when they are boyled, put them into a fair platter; if no water comes from them, they are enough; but if it doth, boyl them a little more; uſe a ſilver ſpoon that is imployed about nothing elſe, take no ladle or kniſe that have been uſed about fleſh, that will cauſe mites to breed in it; this is the beſt and approvedeſt way to preſerve Cherries.

Another way.

HAve a pound of the ſmalleſt Cherries, but let them be well coloured, boyl them tender in a pint of fair water, then ſtrain away the liquor, and take

two

two pound of other Cherries, ſtone, and put them into your preſerving-pan, with a laying of Cherries, and another of ſugar, and pour the ſirrup of the other ſtrained *C*herries over them; and with a blazing fire, let them boyl as faſt as may be, that the ſirrup may boyl over them, and when it is of a good colour, ſomething thick, and jelly, ſet them a cooling; and when they are cold, pot them, and keep them all the year for your uſe.

To preſerve Barberries.

TAke your Barberries, very fair and well coloured, pick out every ſtone of them, weigh them, and to every ounce of *B*arberries, you muſt add three ounces of loaf-ſugar, with half an ounce of the pulp of Barberries, and an ounce of red *R*oſe-water; you muſt firſt diſſolve your ſugar, then boyl it to a ſirrup, then put in your Barberries, and let them boyl a quarter of an hour; then take them up, and as ſoon as they begin to wax cool, put them up, and they will keep their colour all the year.

To preſerve Raſpberries.

TAke thoſe which are fair & ripe, but not over-ripe, pick them from the ſtalks, add to them weight for weight of double refined ſugar, and the juice of Raspberries; to a pint of *R*aſpberries, take a quarter of a pint of Raſpberry-juice, and as much of fair water, boyl up the ſugar and liquor, and make the ſirrup, ſcum it, and put in the Raſpberries, ſtir them into the ſirrup, but boyl them not too much; being preſerved, take them and boyl the ſirrup by it ſelf, not too long, it will keep the colour, being cold, pot, and keep them. Thus may you alſo preſerve Strawberries.

Another way.

HAve the faireſt and beſt coloured Raſpberries, pick off their ſtalks and waſh them very clean, but in any caſe bruiſe them not; weigh them, and to every pound add ſix ounces of hard Sugar, as much Sugar-Candy, clarifie it with half a pint of fair water, and four ounces of juice of Raſpberries, being clarified, boyl it to a weak ſirrup, then put in your Raſpberries, ſtirring them up and down; let them ſo boyl until they are enough, uſing them as your Cherries, you may keep them all the year.

To preſerve your Pomcitrons.

TAke and grate off the upper skin, cut them in pieces as you judge requiſite, let them lye in water twenty four hours, then ſet a poſnet on the fire with fair water, when it boyls put in your Pomcitrons, and ſhift them until you find the water not bitter; take them up, and to each pound add a pound and a quarter of Sugar, then take a pint and a quarter of the laſt water, and ſet it on the fire with the Sugar, and take two whites of eggs, and beat them with a little fair water; and when your ſirrup begins to boyl, caſt in that which riſeth from the eggs, and let it boyl together, then ſtrain it through a fine cloth into a clean poſnet, ſet it on the fire, and when it begins to boyl, put in your Pomcitrons, let them boyl ſoftly three or four hours, until your ſirrup be thick enough, keep them (never turned) alwayes under the ſirrup; put them into Gallypots or Glaſſes, when they are cold, cover them.

To preſerve Oranges and Lemons.

TAke them large and well-coloured, and take a Raſp of Steel, and take the outward rhine from them, and lay them in water three dayes and three nights, then

then boyl them tender, and ſhift them in their boyling, to take away their bitterneſs, and when they be boyled tenderly, take two pound of Sugar, clarified with a pint of fair water; when your ſirrup is made, and betwixt hot and cold, put in your Lemons and Oranges, and there let them be infuſed all night; in the morning, let them boyl two or three walms in your ſirrup, let them not boyl too long in the Sugar, becauſe the rhines will be tough; take your Lemons out, and boyl your ſirrup thicker; when it is cold, put them up and keep them for your uſe.

To preſerve Saterion roots.

TAke of the faireſt you can get, waſh and boyl them upon a gentle fire, as tender as a Codling; then take them off, and pare away the blackeſt skin from them; as you do them, put them into fair water, and let them ſtand therein one night, then take them out, and add to every pound of roots, eleven ounces of Sugar finely clarified, then boyl it almoſt to the height of a ſirrup, then put in your roots, let them not boyl too long, for then they will grow hard and tough, when they are enough, ſet them a cooling until they be through cold, and keep them cloſe covered for your uſe.

To preſerve red Roſe-leaves.

TAke the leaves of the faireſt buds, half a pound, ſifted clean from ſeeds, then take a quart of fair water in an earthen pipkin, and ſet it over the fire until it be ſcalding hot, and then take a good many of other red Roſe-leaves, and put them into the ſcalding water until they begin to look white, then ſtrain them, and thus do until the water look very red; then take a pound of refined Sugar beaten fine, put it into the liquor with half a pound of Roſe-leaves, and let them ſeeth toge-

ther until they be enough; which to know, is by taking ſome of them up in a ſpoon, as you do your Cherries, and ſo when they be through cold, put them up, and keep them very cloſe for your uſe.

To preſerve Enula Campana roots.

TAke the roots, waſh and ſcrape them very clean, cut them thin unto the pith the length of your little finger; as you cut them, put them into water, and let them lye therein thirty dayes, ſhifting them twice every day, to take away their bitterneſs; weigh them, and to every pound of roots, you muſt add twelve ounces of clarified Sugar; firſt boyling your roots as tender as a Chicken, and then put them into your ſugar aforeſaid, and let them boyl upon a gentle fire, until they be enough, ſo let them ſtand off the fire a good while, and betwixt hot and cold, put them up for your uſe.

To preſerve Currans.

TAke your Currans and part them in the top; then have your preſerving-pan, put therein a laying of Currans, and a laying of ſugar; boyl them pretty faſt, ſcum them, but put not in your ſpoon, let them boyl until the ſirrup be indifferent thick; then take them off, and let them ſtand until the ſirrup be cold, and put it up for your uſe.

To preſerve Mulberries.

TAke the like weight of ſugar, as there are of your Mulberries, wet your ſugar with ſome of the juice thereof, ſtir it together, put in your Mulberries, and let them boyl until they are enough; then take out your Mulberries, but let your ſirrup boyl a while after, then take it off, and put it into your Mulberries, and let them ſtand till they be cold for your uſe.

To

To preſerve Eringo roots.

TAke of them fair but not knotty, one pound, waſh them clean, ſo done, ſet them on the fire, and boyl them very tender; peel off their outermoſt skin, but break them not; and as you pare them, put them into cold water, let them remain there until all be finiſhed; you muſt add to every pound of roots, three quarters of a pound of clarified ſugar, and boyl it almoſt to the height of a ſirrup, then put in your roots; but look they boyl very gently together, with as little ſtirring as may be, for fear of breaking, until they be enough; when they are cold, put them up, and keep them for your uſe.

To preſerve green Walnuts.

BOyl them till the water be bitter, then take them off the fire, and put them into cold water; then peel the bark off them, and weigh them, add to them their weight in ſugar, with a little more water than will wet the ſugar; ſet them again on the fire, and when they boyl up, take them off; let them ſtand two dayes, and then boyl them again, ſo keep them for your uſe.

To preſerve Angelica roots.

TAke, waſh and ſlice them very thin, then lay them in water three or four dayes, and let the water be changed every day; then take them and put them into a pot of water, and let it ſtand in embers a whole night; then add to every pound of roots, two pound of ſugar and a pottle of water, boyl it and ſcum it clean, put in the roots, then take them out, but let the ſirrup boyl a little after, ſo keep it for your uſe.

The time to preſerve green fruits, according to other Authors.

GOosberries muſt be taken about *Whitſuntide*, as you ſee them in bigneſs, the long will be ſooner than the red; the white Plumb, which is ever ripe in wheat harveſt, muſt be taken in the midſt of *July*; the Pear-*P*lumb in the midſt of *Auguſt*; the Peach and Pippin about *Bartholomew-tide*, or a little before; the Grape in the firſt week of *September*; you muſt obſerve, that to all the green fruits in general that you will preſerve in ſirrup, you muſt add to every pound of green fruit, a pound and two ounces of ſugar, and a grain of muſk; your Plumb, *P*ippin and Peach, will have three quarters of an hours boyling, and that very ſoftly; keep the fruit as whole as you can: Grapes and Gooſberries muſt boyl half an hour ſomething faſt, and they will be the fuller; obſerve, that to all your Conſerves, you muſt add the full weight of ſugar; then take two skillets of water, and when they are ſcalding hot, put your fruit firſt into one, when that grows cold, put them into the other, changing them until they are ready to peel; then peel them, afterwards ſettle them in the ſame water till they look green, then put them into your ſugar ſirrup, and let them gently boyl till they come to a Jelly; let them ſo ſtand for a quarter of an hour, then put them into your Gallipots or Glaſſes, and keep them for your uſe all the year.

Here

Here begins your Conſerves.

Conſerve of Barberries.

HAve them which are very red and ripe, pick them from the ſtalks, and waſh them, put to them a pretty quantity of fair water, ſet them on the fire in an earthen pan, and ſo ſcald them; when they are throughly ſcalded, pulp them through a fine ſearſe, to every pound of pulp, add a pound of powder ſugar; boyl them till it be enough, which you may know, when it cuts like Marmalade.

Another way.

TAke of the faireſt branches you can get, pick and waſh them clean, dry them on a cloth, then take more Barberries, and boyl them in *C*laret-wine till they are ſoft, ſtrain them through a ſtrainer, bruiſing them ſo, that the ſubſtance may go through, boyl it till it comes to be very thick and ſweet, then take it off the fire, and let it ſtand till it be cold; then put your branches of Barberries into your Pots or Glaſſes, filling them up with the cold ſirrup; ſo ſhall you have both ſirrup, and conſerved Barberries for your uſe.

To make Conſerve of Violets.

HAve of your Violet Flowers, and pick out all the blew ones from them; Keep and weigh them, add to every ounce of flowers, three ounces of refined ſugar; beat them in an Alablaſter Morter, till they be very fine, then take them up and put them into an earthen pipkin, and ſet them on the fire until they are throughly

throughly hot, then take them off, put them up, and keep them for your uſe.

To make a Marmalade of Quinces.

TAke and boyl them tender, pare them and cut them to the core, then draw the Pulp, that is, the Quince, through a hair ſearſe, and to every pound of Pulp add a pound of clarified Sugar, and boyl them together until they come unto a perfect colour; adding to them in the boyling a little oyl of Cinamon; and when it is boyled enough, that it will not ſtick to the pan, put it into your Marmalade boxes; but your Conſerve muſt not be boyled ſo high in any caſe, for then it will not be good.

To make Conſerve of Borage flowers.

TAke of the flowers well coloured, pick the blacks from them, then weigh them, and to every ounce of flowers, you muſt add three ounces of Sugar, and beat them together in an Alablaſter Morter with a wooden peſtle, until they be very fine, ſo that you cannot diſcern any Sugar in lumps, then take them out and put the Conſerve in a pipkin and heat it through hot; and having thus done, put them up, and keep them all the year for your uſe.

To make Conſerve of Roſemary flowers.

TAke them freſh and good, pick them from the green tusk, and weigh them, then add to every ounce of flowers, three ounces of Sugar-candy; beat them very fine together, uſing them in every degree as you did your other Conſerves.

To make Conſerve of Bugloſs flowers.

TAke and pick them, as you did your Borage flowers, weigh them, and to every ounce, add two ounces of

loaf

loaf Sugar, and one of Sugar-candie; beat them together until they become very fine; then ſet it on the fire to diſſolve the Sugar, and when it is ſo done, and the Conſerve hot, put it into your Glaſſes or Gallypots, for your uſe all the year.

To make Pectoral rolls for the Cough.

TAke one ounce of your Liquoriſh powder finely ſearſed, of the ſpices of Diadragaganthum Frigdium two drams, Dragagant in fine powder, and Gum Arabick of each a dram, white Starch half a dram, Anniſeeds in fine powder one ounce, mingle it with the reſt; then take of Sugar ſix ounces, of Pennets an ounce and half, Sugar-candie powdered, and mingled with the afore-mentioned powder, then take Gum-dragagant ſteeped in Roſe-water, beat it into a Paſte, make them into long rolls, dry them, and keep them for your uſe.

To make Conſerve of Strawberries.

SEeth them in water, then ſtrain them, caſting away the water; boyl them again in White wine, (keeping them ſtirring) to a good ſtiffneſs; when they are almoſt boyled, add to them a convenient quantity of Sugar, ſtirring them all well together, then put them up into your pots for your uſe.

To make Conſerve of Prunes or Damſins.

TAke of your Damſins one pottle, prick them and put them into a pint of Roſe-water, or Wine, into a pot, cover them, and let them be well boyled, ſtirring them well together; when they are done tender, let them cool, and ſtrain them with their liquor; then take the Pulp and ſet it over the fire, adding to it a ſufficient quantity of ſugar; then boyl them until they are enough; ſo may you put them up in your Gallypots or Glaſſes for your uſe.

To

To make Conſerve of Red and Damask Roſes.

HAve of them the beſt coloured buds that can be gotten, clip off their whites, and to each pound of leaves, you muſt add three pounds of the beſt clarified Sugar; beat them together till they are very fine; then with a wooden Spatter take it up, and ſet it on the fire till it be through hot, and ſoon after put it up; and it will be of an excellent colour.

To Conſerve Cowſlips, Marigolds, Violets, Scabions, Sage and Roſes, &c.

HAve of the flowers of either of theſe, being picked clean from thoſe which are withered, and to every ounce of the flowers, add three ounces of Sugar; but firſt let them be ſtamped very ſmall without the Sugar by themſelves; as they grow dry, put to them Roſe-water, or the juice of Lemons, and when they are beaten ſmall enough, put to them your Sugar, and beat them again together until they are well mingled; after which, you may put them up for your uſe.

To make a Pomander.

TAke of Beazon a dram and an half, Storax half an ounce, Lignum Aloes in fine powder half a ſcruple, of Labdanum half an ounce, powder all theſe very fine, and ſearſe them through Launes; then take of Muſk one ounce, Ambergreaſe and Civet of each half a ſcruple, and diſſolve them in a hot Morter, with a little Roſe water, ſo make them into a Pomander, adding to it ſix grains of Civet.

Another way to Conſerve Strawberries.

TAke and ſtrain them when they are full ripe, boyl them in wine with a quantity of Sugar, until it be

ſtiff

ſtiff enough; ſo may you put them up for your uſe in a Glaſs or Gallypot.

To make Conſerve of Cichory flowers.

TAke them new gathered, for if you let them lye but one hour or two at the moſt, they loſe their colour, and will do you but ſmall ſervice; your way is, as ſoon as they are taken, to weigh them immediately, and to every ounce of them, you muſt take three ounces of double refined Sugar; beat them together in an Alablaſter Morter, with a wooden peſtle, until they are throughly beaten, for the better they are ſo done, the better will your Conſerve be: Let this be your general rule; that being very well brayed, you may take them up, and put it into a Chafer clean ſcoured, and ſet it on the fire until it be throughly hot, then take it off, put it up as you have formerly heard, ſo may you keep it for your uſe all the year.

Here follows the Sirrups.

To make ſirrup of Poncitrons.

TAke them and cut them in halves, juice them, but beware you wring them not too hard leſt it be ſlymie; add to every pint of juice, three quarters of a pound of the beſt white Sugar; boyl them in an earthen pipkin until it comes to the height of a ſirrup; but take heed you boyl it not over too hot a fire, for fear it burn; and when you ſee it is enough, you may put it up, and keep it for your uſe all the year.

To make ſirrup of Liquoriſh.

TAke of Liquoriſh ſcraped well and bruiſed, eight ounces; add to it of Mayden-hair one ounce, Anniſeeds and Fennel, of each half an ounce; let them ſteep together in a pottle of Rain-water for ſix or ſeven hours, then ſet them on the fire, and let them there remain until it be boyled halfaway; ſo done, boyl that liquor with a pound and half of the beſt clarified Sugar, until it comes to a ſirrup; ſo glaſs it up, and keep it for your uſe.

To make ſirrup of Hoare-hound.

TAke thereof two handfuls, Colts-foot one handful, Calamint, Time and Penny-royal, of each two drams, Liquoriſh one ounce and half, Figgs and Raiſins of the Sun, of each two ounces, Pyonie-kernels, Fennel and Anniſeeds, of each a quarter of an ounce; boyl all theſe in a gallon of fair water until it comes to a pottle, or three pints, then ſtrain it; ſo done, take three pound of white Sugar, with three eggs, and clarifie that liquor, ſo let it boyl to a ſirrup, and keep it all the year for your uſe.

To make ſirrup of Hyſſop.

TAke thereof one handful, of Dates, Raiſins, and Figgs one ounce, French Barley the line, half a handful of Calamint; boyl them in three pints of fair water until it comes to a quart, then ſtrain and clarifie it with the whites of two eggs, add to it two pounds of white Sugar, boyl it to a ſirrup, when it is enough, let it ſtand till it be cool; and put it up in Glaſſes, which may ſerve for your uſe all the year.

To make ſirrup of Violets.

PIck the flowers and weigh them, put them into a quart of water, and ſteep them on hot embers, until ſuch time as the flowers are turned white, and the water as blew as any Violet; then add to that quart of infuſion, four pounds of refined Sugar, and boyl it until it comes to a ſirrup, being boyled and ſcummed on a gentle fire, leſt it turns its colour; ſo done, put it up, and keep it for your uſe.

Another rare way.

TAke and cut away the white of your flowers, then ſcruiſe out the juice of them, and add to every ſpoonful of juice, three of fair water; put it into an Alablaſter Morter with ſtamped leaves, ſtrain them dry through a cloth; then add to it as much of fine beaten Sugar as you judge convenient; let it ſtand about twelve hours in a clean earthen pan, then take the cleareſt thereof into a glaſs, with a few drops of the juice of Lemons; it will be very clear and of a Violet colour; this is the beſt and moſt excellent way to make ſirrup of Violets.

To make ſirrup of Mulberries.

TAke of thoſe which are very ripe, preſs the juice from them through a linnen cloth between two ſticks, and then to every pint of juice, take a pound of Sugar; boyl it to the height of a ſirrup, ſo may you keep it all the year long: if it wax any thing thinner in a Moneths time after you put it up, boyl it again; ſo put it up.

To make ſirrup of Clove-Gillyflowers.

TAke a peck of the flowers, cut off the whites, ſift away the ſeeds and bruiſe them a little, then take a

pint of water : when it hath boyled, let it cool a little, and then put in your flowers; let them be kept close covered for a day and a night : it is best to put on but half your flowers at once, for it will make it the stronger : then add to it a pound and half of clarified Sugar, and let it stand for one night, the next day put it into a Gallypot, and lay your pot in a pot of fair water, and let it boyl therein until your Sugar be totally melted, and your sirrup indifferently thick, then take it forth, and let it stand until it be cold, so may you Glass it for your use.

To make sirrup of Roses solutive.

TAke your Damask Roses and pull them, then have ready a gallon of fair water, when it is hot, put therein a good many Damask Rose leaves : when they look white, take them out, do this ten times together, which will make your water look red, then to every pint of that liquor, add the white of an egg and a pound of Sugar, clarifie it and boyl it to a sirrup : so may you keep it all the year; the thicker the sirrup is, the better it will keep.

Another way to make sirrup of Damask Roses.

YOu may take as much water as you think fit, let it be luke-warm, then put into it a good quantity of Damask Rose-leaves, the whites of them being first cut away : let them lye in your water until they look pale, then take them out and crush them gently : then put in more fresh leaves, as aforesaid, continuing it so until your water turn to a deep red colour, and very bitter, which will be done in less than twenty changes of the leaves : if you would have it strong, do it as often more as you think fit, adding to every quart of water two pound of Sugar, and seeth it with a soft fire until it be as thick as Honey, and of the colour your mind is to have it.

To

To keep your liquor of Roſes all the year.

FOr preventing the uſe of much Sugar, you may preſerve ſo much of this liquor as you pleaſe before you boyl it: you muſt let it ſettle, ſo done, pour out the cleareſt into a long necked glaſs, to the neck thereof; then put in as much ſweet oyl as will fill it up, and let it ſtand in the Sun for certain dayes; this will keep good all the year; ſo that if you want any ſirrup, you may ſeeth this liquor with Sugar, if not you may ſpare ſo much Sugar.

To make ſirrup of Cowſlips.

TAke your diſtilled water of Cowſlips, and put therein your Cowſlip flowers picked clean, but the green in the bottom cut away; ſo boyl your ſirrup in Sugar, as you do other ſirrups.

To make ſirrup of Lemons.

TAke them and cut them in halves, and between your fingers juice them, and the liquor that runs from them will be very clear; add to every pint of juice a pound and half of loaf-Sugar, being very white, ſo boyl it to a ſirrup, and it will keep rarely well.

To make ſirrup of Maiden-hair.

TAke thereof ſix ounces, Liquoriſh ſcraped and ſliced one ounce; ſteep them twenty four hours together, in four pints of Conduit-water, then ſet it on the fire and boyl it to a quart; then take that liquor, and add to it two pound of clarified Sugar, and let it boyl upon a gentle fire of Charcoals, until it comes to a ſirrup, being ſcummed very often, that it may be the clearer; the more it is ſo, the better it is; thus being boyled enough, put it up for your uſe.

To make ſirrup of dry Roſes.

TAke of your beſt red Roſes dryed four ounces, infuſe them in a quart of fair water, on hot embers, until the Roſes have loſt their colour; then have a pound and half of Sugar; ſo clarifie your liquor and ſugar with two eggs; then boyl it to the height of a ſirrup, but have a ſpecial care that you ſet not your ſirrup on too hot a fire, for then it will loſe its colour, and be nothing worth.

To keep Cherries all the year, and to have them at Chriſtmaſs.

TAke of the faireſt of them you can get, but beware that they be not bruiſed, rub them with a linnen cloth, ſo put them into a barrel of hay; firſt place in the bottom of your barrel a laying of Hay, then one of Cherries, ſo do until your Veſſel be full; then muſt you ſtop them up that no air may come to them, and lay them under a Feather-bed where one doth conſtantly lye, for the warmer they are, the better will they keep; and ſo doing, you may have Cherries any time of the year.

Candying.

To Candy Violet flowers.

TAke of them which are very good and new, being very well coloured, weigh them, and to every ounce of flowers you muſt add four ounces of refined Sugar, which is very white and fair-grained, and diſſolve it in two ounces of fair running water, ſo boyl it until it comes to a Sugar again;

again; you muſt ſcum it often, leſt it be not clear enough, and when it is boyled to Sugar again, take it off, and let it cool, then put in your Violet flowers, ſtirring them together until the Sugar grow hard to the pan; this done, put them in a box, and keep them for your uſe.

To Candy Pears, Plumbs, Apricocks, to look clear, &c.

TAke them and give them a cut in the ſide, but your Plumbs or Apricocks muſt be cut in the notch to the ſtone, then caſt Sugar on them, and bake them in an Oven, as hot as for Manchet bread; let your Oven be cloſe ſtopt, but bake them in an earthen pan, or broad platter, which is beſt, where they may lye one by one; let them ſtand but half an hour, then take them out of the platter, and lay them one by one on Glaſs plates, ſo dry them; if you can get Glaſſes made like Marmalade-boxes to put over them, they will Candy the ſooner; after this manner you may Candy any ſuch fruits.

To Candy Borage flowers.

TAke your flowers and pick them very clean, weigh, and uſe them in every reſpect as you do your Roſemary flowers, ſave this, that when they be Candied, you muſt ſet them in a Still, ſo to keep them in a ſheet of white paper, putting a Chafin-diſh of coals every day into your Still; and it will be Candied very excellently, and that in a very ſhort time.

To Candy Roſemary flowers.

TAke of them ready picked and weighed, to every ounce of flowers, you muſt add two ounces of loaf Sugar, and one ounce of Sugar-Candy, diſſolved in Roſemary-flower water; boyl them until they come to Sugar again; which done, put in your *Roſemary*

flowers when your Sugar is almoſt cold, ſo ſtir them together until they be enough; then take them out, being put in a box, keep them for your uſe.

To Candy all ſorts of flowers after the Spaniſh *way.*

TAke of your double refined Sugar, put it in a Poſnet with as much Roſe-water as will melt it, then put it into the *Pulp* of half a roaſted Apple, with one grain of Musk, let them boyl till they come to the height of a Candy, then put your flowers in, being pickt clean, ſo let them boyl; then caſt them on a fine plate, and cut them in wayes with your knife: ſpot it with Gold, and keep it for your uſe.

To make Manus Chriſti.

TAke half a pound of refined Sugar, with ſome Roſe-water, boyl them together till it come to a Sugar again, then ſtir it about till it be ſomewhat cold; ſo done, take your leaf-gold and mingle with it; then caſt it according to art, that is in round goblets, ſo keep them.

To Candy Gooſ-berries.

TAke your faireſt green Gooſ-berries, and with a linnen cloth wipe them clean, the ſtalks being picked from them: add to every ounce of Gooſ berries two ounces of ſugar and an ounce of ſugar-Candy: diſſolve them in an ounce or two of Roſe-water, and ſo boyl them up to the height of *Manus Chriſti*, and when it is come to its perfect height, let it cool, then put in your Gooſ-berries, for if you put them in hot, they will ſhrink, ſo ſtir them together with a wooden Spatter, till they be Candyed, thus put them up and keep them.

To

To dry Apricocks.

TAke them and ſtone them when they are ripe, then take their rhindes off, when they are weighed, you muſt add to them half their weight in Sugar finely beaten, then take a ſilver or earthen diſh, and lay firſt a laying of Sugar, then of the fruit, and let them ſtand a whole night together, in the morning the Sugar will be melted; then put them into a skillet, boyl them apace, and ſcum them well, when they grow tender, take them from the fire, and let them ſtand in the ſirrup two dayes, then take them forth and dry them on plates in the Stove for your uſe.

To Candy Enula-Campana.

TAke of your faireſt Enula-Campana-roots, take them clean from the ſirrup, waſh the Sugar off, and dry them again with a linnen cloth, weigh them, and to every pound of roots, you muſt add a pound and three quarters of ſugar; clarifie it well, and boyl it to the height of *Manus Chriſti*; when it is ſo done, pip in your roots, three or four at once, and they will Candy very well, ſo Stove them and keep them all the year for your uſe.

To Candy Eringo-roots.

TAke them and boyl them pretty tender, pill, pith, and lay them together; take their weight in ſugar, and put it in as much water as will melt it; then put in your roots, and let them boyl ſoftly, until ſuch time as the ſugar is conſumed into the roots, then take them and turn them, and ſhake them until the ſugar be dryed up; then lay them to dry on a Lattice of Wier till they be cold; after this manner you may Candy any other roots.

Another way.

TAke them, when they are ready to be preſerved, weigh them, and to every pound of your roots, you muſt take two pounds of the pureſt ſugar you can get, and clarifie it with the whites of eggs exceeding well, that it may be as clear as Chryſtal, for then it will be very commendable; ſo done, you muſt boyl it to the height of *Manus Chriſti*, and then dip in your roots two or three at once, until they be all Candied, ſo put them in a ſtove, and keep them all the year for your uſe.

To dry Pippins.

TAke half a pound of fine ſugar, boyl it in a pint of water until it comes to a ſirrup, clarife it with the white of an egg, and ſtrain it through a linnen cloth: then ſet it on the fire again in another skillet, then take eight Pippins, being cut in halves and cored, and put in each half into the ſirrup as you pare them; let them boyl until the ſirrup be almoſt waſted away, but take the ſcum off ſtill as it riſeth, then take out your Pippins, lay them on plates, and dry them in your ſtove.

To Candy Roſe-leaves as natural, as if they grew on trees.

TAke of your faireſt Roſe leaves, Red or Damask, and on a Sun-ſhine day ſprinkle them with *Roſe-water*, lay them one by one on a fair paper, then take ſome double refined ſugar beaten very fine, put it in a fine laune ſearſe, when you have laid abroad all the Roſe-leaves in the hotteſt of the Sun, ſearſe ſugar thinly all over them, and anon the Sun will Candie the ſugar: then turn the leaves and ſearſe ſugar on the other ſide, and turn them often in the Sun, ſometimes ſprinkling Roſe-water, and ſometimes ſearſing ſugar on them, until

until they be enough, and come to your liking, and being thus done, you may keep them.

To Candy all ſorts of Flowers, Fruits and Spices, the clear Rock-Candy.

TAke two pound of *Barbery* ſugar great grained, clarified with the whites of two eggs: beyl it almoſt ſo high as for *Manus Chriſti*, then put it into a pipkin that is not very rough, then put in your Flowers, Fruits, and Spices, ſo put your pipkin into a Still, and make a ſmall fire with ſmall-coals under it, and in the ſpace of twelve dayes it will be Rock-Candyed.

To Candy Marigolds in Wedges, the Spaniſh faſhion.

TAke of the fair yellow flowers two ounces, ſhred and dry them before the fire; then take four ounces of ſugar, and boyl it to the height of *Manus Chriſti*, then pour it upon a wet pye-plate, and betwixt hot and cold cut it into Wedges, then lay them on a ſheet of white paper, and put them in a ſtove.

To Candy all manner of flowers in their natural colours.

TAke the flowers with the ſtalks, and waſh them over with a little Roſe-water, wherein Gum-Arabick is diſſolved; then take fine ſearſed ſugar, and duſt over them, and ſet them a drying on the bottom of a ſieve in an Oven, and they will gliſter as if it were ſugar-Candy.

To Candy Ginger.

TAke your very fair large Ginger, pare it, and lay it in water a day and a night, then take your double refined ſugar, and boyl it to the height of ſugar again: and when that beginneth to be cold, take your Ginger and ſtir it well about, while your ſugar is hard

to

to the pan, then take it out Race by Race, and lay it by the fire for four hours; then take a pot, warm it, and put the Ginger therein, then tye it very cloſe, and every ſecond morning ſtir it about roundly, and it will be Rock-Candyed in a very ſhort ſpace.

PASTES.

To make Paſte of Pippins the Genoua *faſhion, ſome with leaves, ſome like Plumbs with ſtalks, and ſtones in them.*

YOur Pippins being pared, cut them in quarters and boyl them in fair water til they be tender, then ſtrain them and dry the pulp upon a Chafin-diſh of coals, then weigh them, and boyl it to *Manus Chriſti*, and put them together; then faſhion them upon a pye-plate, and put them in an Oven, being very ſlightly heat, the next morning you may turn them, and put them off the plates, upon ſheets of paper on a hurdle, and ſo put them into an Oven, like heat, and there let them remain four or five dayes, putting every day a Chafin-diſh of coals into the Oven, and when they be very dry, you may box them, and keep them for your uſe all the year.

To make Paſte of Oranges and Lemons.

TAke of your Oranges and Lemons, and boyl them in two ſeveral veſſels of water; ſhift the water ſo often, until the bitterneſs be taken away, and they begin to grow tender, then cut them through in the middle, and take out the kernels, wring the water from them, and beat them in a clean ſtone Morter, with the pulp of three or four Pippins; then ſtrain them through a ſtrainer, and take the weight of the pap in Sugar, and

boyl

boyl it to the height of a Candy, with as much Roſe-water as will melt the Sugar, then put into the hot ſirrup, the pap of your Oranges and Lemons, and let them ſeeth ſoftly, being often ſtirred; and when you find it ſtiff enough, you may put it into what faſhion you pleaſe on a ſheet of glaſs, and ſo ſet it in a Stove or Oven: when it is dry, box it up for your uſe.

To make Paſte of Gooſ-berries.

TAke Gooſ-berries, cut them one by one, and wring away the juice till you have got enough for your turn, boyl your juice alone to make it ſomwhat thicker: then take as much fine Sugar as your juice will ſharpen, dry it, and when it is ſo, beat it again, then take as much Gum-Dragon ſteeped in Roſe-water as will ſerve: then beat it into a Paſte, in a Marble Morter: then take it up and print it in your Moulds, ſo dry it in your Stove: when it is dry, you may box it up for your uſe all the year.

Certain

Certain old useful Traditions OF CARVING and SEWING, &c.

Terms of a Carver.

BReak that Deer; Leach that Brawn; Rear that Goose; Lift that Swan; Sawce that Capon; Spoyl that Hen; Trush that Chicken; Unbrace that Mallard; Unlace that Cony; Dismember that Heron; Display that Crane; Disfigure that Peacock; Unjoynt that Bittern: Untach that Curlew; Allay that Pheasant; Wing that Partridge, with that Quail; Mince that Plover; Thigh that Pigeon; Border that Pasty; Thigh that Woodcock, also all manner of small fowl; Timber the fire; Tire the Egg; Chine that Salmon; String that Lampry; Splat the Pike; Sauce that Plaice; Sauce that Tench; Splay that Bream; Side that Haddock: Tusk that Barbel; Culpon that Trout; Fin that Chevine: Transon that Eele; Tranch that Sturgeon: Undertench that Porpas: Tame that Crab; Barb that Lobster.

The Office of the Butler, Pantler, Yeoman of the Sellar, and Eury.

FIrst you must have three Pantry knives, one knife to square Trencher loaves, another to be a Chipper, the third shall be sharp, for to make smooth Trenchers: then Chip your Lords bread hot, and all other bread

let

let it be a day old, houſhold bread three dayes old: then look your ſalt be white and dry, the powder made of Ivory two inches broad and three long, and look that your ſaltſellar lid touch not your ſalt: Let your Table-Clothes, Towels, and Napkins be fair folded in a Cheſt, or hanged on a Perch, then ſee your Table Knives be fair poliſhed, and your Spoons clean: and look you have two Tarriots, a greater and a leſs, and Wine Cannels of Box made according, and a ſharp Gimlet and Faucets: and when you ſet a Pipe on broach do thus, ſet it four fingers broad above the nether Chine upward aſtaunt, and then ſhall the Lees never riſe; alſo look you have according to the ſeaſons, Butter, Cheeſe, Apples, Pears, Nuts, *P*lumbs, Grapes, Dates, Figgs, Raiſins, Compoſt, green Ginger, Chard and Quince: ſerve faſting, Butter, Plumbs, Damſons, Cherries and Grapes: after meat, *P*ears, Nuts, Strawberries, Hurtleberries, and hard Cheeſe: alſo Blanderles or Pippins, with Carrawaies in Confects; after Supper, roaſted Apples and Pears, with blanched Powder and hard Cheeſe, beware of Cow-cream, and of Strawberries, Hurtleberries, Juncate for Cheeſe will make your Lord ſick, therefore let him eat hard Cheeſe: Hard Cheeſe hath this operation, it will keep the ſtomach open. Butter is wholſom firſt and laſt, for it purgeth away all poiſons. Milk, Cream, and Juncate, they will cloſe the Maw, ſo doth a Poſſet; beware of green Sallets and raw fruits, for they will make your Lord ſick. Set not much by ſuch meats as will ſet the teeth on edge; therefore eat an Almond and hard Cheeſe: Alſo of divers drinks, if their fumoſities have diſpleaſed your Lord, let him eat a raw Apple, and the fumoſities will ceaſe.

Take good heed of your Wines every night with a candle, both red Wine and ſweet Wine, and look they reboyl nor leak not, and waſh the Pipe head every night with

with cold water, and have a Clenching-iron, Adds, and linnen clothes if need be; if they reboyl you will know the hifling, therefore keep an empty Pipe with the Lees of coloured Roſe, and draw the reboyled Wine to the Lees, and it will help it; and if your ſweet Wine be pale, draw it into a romney veſſel for Leeſing; alſo let your Compoſt be fair and clean, and your Ale five dayes old e're men drink it. Then keep your Office clean, and be courteous to anſwer to each perſon, and look you give no perſon paled drink, for it will breed the ſcab. And when you lay the cloth, wipe the board clean, then lay your cloth (a Couch it is called) let your fellow take the one end, and hold you the other, and draw the cloth ſtraight, the bought on the outer ſide; take the outer parts and hand it even, then take the third cloth, and lay the bought on the inner ſide, and lay eſtate both the upper part half a foot broad, then cover the Cupboard and the Ewry with a Towel of Diaper, then take a Towel about your neck, and lay the one ſide of your Towel upon your left arm, and thereon lay your Lords Napkin, and lay on your arm ſeven loaves of bread, with three or four trencher-loaves, with the end of the Towel in your left hand, as the manner is; then take the Salt-ſellar in your left hand, and take the end of the Towel in your right hand to bear in ſpoons and knives, then ſet your Salt on the right ſide where your Lord ſhall ſit, on the left ſide your Salt ſet your Trenchers, then lay your knives, and ſet your bread one loaf by another, and your ſpoons, and your Napkin fair folded beſide your bread, then cover your bread, trenchers, ſpoons and knives, and at every ſide of the Table ſet a Salt-ſeller with two Trencher-loaves, and if you will wrap your Lords bread ſtately, you muſt ſquare and proportion it, and ſee that no loaf be more than another, and then ſhall you make your Wrapper handſomly, then take a Towel of Reins of two yards

and

and half, and take it by the ends double, lay it on the Table, then take the end of the bought, a handful in your hand, wrap it hard, then lay the end ſo wrapped between two Towels, upon the end ſo wrapped, this being done, lay your bread bottom to bottom, ſix or ſeven loaves, then ſet your bread in good form: And when your Lords Table is thus arrayed, cover all other boards with ſalts, trenchers, and cups, alſo ſee the Ewry be arrayed with Baſons and Ewrs, and water hot and cold; and ſee you have Napkins, cups and ſpoons, and ſee your pots for Wine and Ale be made clean, and to the Jurnape make the curteſie, with a cloth under a fair double Napry; then take the Towels end next you, and the outer end of the cloth on the outer ſide of the Table, and hold theſe three ends at once, and fold them at once, that a pleat paſs not a foot broad, then lay it even where it ſhould lye, and after meat waſh with that, that is, at the right end of the Table you muſt give it out, and the Marſhal muſt convey it, and look to each cloth the right ſide be outward and drawn ſtraight, then muſt you raiſe the upper part of the Towel, and lay it without any groaning, and at every end of the Towel you muſt convey half a yard, that the Sewer may take eſtate reverently, and when your Lord hath waſhed, draw the Jurnape even, and bear it to the midſt of the board, then take it up before your Lord, and bear it into the Ewry again; and when your Lord is ſet, look your Towel be about your neck, then make your Obeyſance, then uncover your bread and lay it by the ſalt, and lay your Napkin, Knife and ſpoon afore him; and look you ſet at the ends of the Table four loaves at a Meſs; ſee that every perſon have a Napkin and a ſpoon. and obſerve the Sewer, how many diſhes be covered, and ſo many cups cover you; then ſerve you fore the Table decently, that every man may ſpeak of your courteſie.

Of

Of the Sewing of fiſh.

THe Sewer muſt ſew, and from the board convey all manner of Pottages, Meats and Sauces; and every day commune with the Cook, and underſtand and know how many diſhes ſhall be; and ſpeak with the Pantlers and Officers of the Spicery, for fruits that ſhall be eaten faſting; then go to the board of Sewing, and ſee you have Officers ready to convey, and ſervants to bear your diſhes; alſo if the Marſhal, Squires and Serjeants of Arms be there, then you may ſerve your Lord without blame.

Service.

FIrſt Muſtard and Brawn, Pottage, Beef, Mutton, ſtewed Pheaſants, Swan, Capon, Pigg, Veniſon, Hake, Cuſtard, Leach, and Lumbard, Fruiter-Vaunt with a ſubtilty, two pottages blanched, Manger and Jelly; for ſtandard, Veniſon, roaſt Kid, Fawn, and Cony, Buſtard, Stork, Crane, Peacock with his tail, Heron-ſhew, Bittern, Woodcock, Partridge, Plover, Rabbits, great birds, Larks, Doucets, Pampuff, White-leach, Amber, Jelly, Cream of Almonds, Curlew, Brew, Snite, Quail, Sparrow, Martinet, Pearch in Jelly, petty Pervis, Quinced, baked, Leach, Dewgard, Fruter, Fage, Blandrels, or Pippins, with Carrawaies in Confects, Wafers and Ipocraſs, they be agreeable; this feaſt being done, void that Table.

Of Carving of fleſh.

THe Carver muſt know the Carving, and the fair handling of a knife, and how he ſhall fetch all manner of fowl, your knife muſt be fair and your hands clean, and paſs but two fingers and a thumb upon your knife, in the midſt of your hand ſet the haft ſure, unlaſing the mincing with two fingers and a thumb,

carving

carving of bread, laying and voiding of crums with two fingers and a thumb; look that you ſet never on fiſh, fleſh, beaſt, nor fowl, more than two fingers and a thumb, then take your loaf into your left hand, and hold your knife ſure, foul not the Table-cloth, but wipe upon your *Napkin*; then take your Trencher loaf in your left hand, and with the edge of your Table knife, take up the Trenchers as near the point as you may; then lay four Trenchers to your Lord one by another, and lay thereon other four Trenchers, or elſe two; then take a loaf in your left hand and pare it round, and cut the upper cruſt to your Lord, and cut the neather cruſt and void the paring, and touch the loaf no more after it is ſerved; then cleanſe the Table, that the Sewer may ſerve your Lord.

You muſt know the fumoſitives of fiſh, fleſh, and fowls, and all manner of ſauces according to their appetites; theſe are fumoſitives, ſalt, ſour, ruſtie, fat, fryed, ſinews, skins, bony, croups, young feathers, heads, Pigeons bones, and all manner of legs of beaſts and fowls lay to the other ſide, for theſe be fumoſitives, lay them never to your Lord.

Service.

TAke your knife in your hand, and cut Brawn in the diſh as it lyeth, and lay on your Lords Trencher, and ſee there be Muſtard.

Veniſon with *Frumenty* is good for your Lord, touch not the Veniſon with your hand, but with your knife, cut it out into the Furmity; do in the ſame wiſe with Peaſe and Bacon, *Beef*, Hen, and Mutton; and lay to your Lord; beware of fumoſitives, ſalt, ſinew, fat and raw in ſirrup; Pheaſant, Partridge, Stock, Dove, Chickens, in the left hand take them by the pinion, and with the fore part of your knife lift up your wings; then mince it into the ſirrup,

beware of skin, raw and ſinew; Gooſe, Teal, Mallard and Swan, raiſe the legs, then the wings, lay the body in the midſt, or in any other platter, the wings in the midſt, the legs after, lay the Brawn between the legs, and the wings in the platter; Capon, or Hen, or geeſe, lift the legs, then the wings, and caſt on Wine or Ale, then mince the wing, and give your Lord; Pheaſant, Partridge, *Plover*, or *Lapwing*, raiſe the wings, after the legs; Woodcock, Bittern, Egrit, Snite, Curlew and Heron-ſew, unlace them, break off the pinions, and break the neck, then raiſe the legs, and let the feet be on ſtill, with the wings; a Crane, raiſe the wings firſt, and beware of the Trump in his breaſt: Peacock, Stock, Buſtard, and Shovillard, unlace them as a Crane, and let the feet be on ſtill; *Quail*, Lark, Sparrow, Martinet, Pigeon, Swallow, and Thruſh, the legs firſt, then the wings: Fawn, *Kid*, and Lamb, lay the kidny to your Lord, then lift up the ſhoulder, and give to your Lord a rib: Veniſon roaſted cut it into the diſh, and lay it to your Lord; A Coney, lay him on the back, cut away the vents between the hinder legs; break the kernel bone, then raiſe the ſides, lay the Coney on the womb on each ſide the chine, the two ſides parted from the chine, then lay the bulk, chine, and ſides in the diſh; alſo you muſt mince four Leſſes to one morſel of meat, that your Lord may take it in the ſauce: All baked meats that be hot, open them above the Coffin, and all that be cold, open them in the mid-way. *Cuſtard*, cheek them inch-ſquare; that your Lord may eat Doucets, pare away the ſides and the bottom; beware of fumoſitives, Fruiter, Vaunt, Fruiters they ſay be good; better is Fruiter pouch; Apple-fruiters be good hot, all cold touch not; Tanſey *is* good hot; Worts of Grewel, of Beef, or of Mutton is good; Jelley, Mortrus, Cream of Almonds, blanch Manger, Juſſel and Claret; Cabbage

and

and Umbles of the Deer be good, and all other pottage beware of.

Sauce for many ſorts of fowls and fleſh.

MUſtard is good with Brawn, Beef, Chine of Bacon and Mutton; Verjuice is good to boyled Chickens and Capons; Swan with Chaldrons; Ribs of Beef with Garlick, Muſtard, Pepper, Verjuice, Ginger; ſauce of Lamb, Pig, or Fawn; Muſtard and ſugar to Pheaſant, Partridge and Coney; ſauce Gamlin to Heron-ſew, Egript, Plover, and Crane; Brew and Curlew, ſalt, Sugar, and water of Camet; Buſtard, Shovillard and *Bittern* ſauce, Gamlin, Woodcock, cock, Lapwing, Lark, Quail, Martinet, Veniſon, and Snite, with white ſalt; Sparrows and Throſles, with Salt and Cinamon; thus with all meats, ſalt ſhall have the operation,

Of the Feaſts and Service from Eaſter unto Whitſuntide.

ON *Eaſter*-day, and ſo forth to *Pentecoſt*, after the ſerving Table, there muſt be ſet bread, trenchers and ſpoons, after the eſtimation of them that ſit there: And thus you ſhall ſerve your Lord, lay trenchers, and if he be of a high degree or eſtate lay five trenchers, and of a lower degree four, if lower three, then cut bread for your Lord according to his conditions, whether it be cut in the midſt, or pared, or elſe to be cut in ſmall peices; alſo you muſt underſtand how the meat ſhall be ſerved before your Lord; and namely on *Eaſter* day after the manner and ſervice of that Country where you were born: Firſt, on that day you ſhall ſerve a Calf ſodden, and ſodden eggs with green ſauce, and ſet them before the moſt principle eſtate: And that Lord, becauſe of his high eſtate, ſhall part them all about him; then ſerve pottage,

as Worts, Roots or Brewis, with Beef, Mutton, or Veal and Capons, to be coloured with Saffron, and baked; meats and the ſecond courſe, Juſſel with Mamony, and roaſted, endowered and Pigeons, with baked meats, as Tarts, Chewets, and Flaunes, and other after the diſpoſition of the Cooks; and at ſupper-time divers ſauces of Mutton, or Veal in broth, after the direction of the Steward; and then Chickens with Bacon, Veal, roaſted Pigeons, or tamed, and Kid roaſted, with the head and purtenance of Lamb, and Pigs-feet with Vinegar and parſlee thereon; and Tanſey fryed, and other baked meats; ye ſhall underſtand this manner of Service dureth to Pentecoſt, ſave fiſh-dayes.

Alſo take heed how you do array theſe things before your Lord; firſt ye ſhall ſee there be green ſauce of Sorrel, or of Vines; that is, hold a ſauce for the firſt courſe, and ye ſhall begin to raiſe the Capon.

General Directions for the Carving up of Fowl.

Lift that Swan.

THe manner of cutting up a Swan, muſt be to ſlit her right down in the middle of the breaſt, and ſo clean through the back, from the neck to the Rump; ſo part her in two halves, but you muſt do it cleanly and handſomly, that you break not nor tear the meat; then lay the two halves in a fair Charger, with the ſlit ſides downwards, throw ſalt about it, and ſet it again to the Table; Let your ſauce be Chaldron for a Swan, and ſerve it in ſaucers.

Rear that Gooſe.

YOu muſt break a Gooſe up contrary to this faſhion take a Gooſe being roaſted, and take off both the legs fair like ſhoulders of Lamb, tak them quite from the body, then cut off the belly-piec

rounds

round close to the end of the breast, then lace her down with your knife clean through the breast, on each side a thumbs breadth from the bone in the middle of the breast, then take off the pinion of each side, and the flesh you first laced with your knife, raise it up clean from the bone, and take it off clean from the carkass with the pinion; then cut up the bone which lyeth before in the breast commonly called the Merry-thought, the skin and the flesh being upon it, then cut from the breast-bone another slice of flesh clean through, and take it clean from the bone, then turn your carkass and cut it asunder, the back bone above the loyn bones, then take the rump end of the back-bone and lay it in a fair dish with the skinny side upwards, lay at the fore-end of it the Merry-thought, with the skinny side upwards, and before that the Apron of the Goose, then lay your pinions, on each side contrary, set your legs on each side contrary behind them, that the bone ends of the legs may stand up cross in the middle of the dish, and the wing-pinions may come in the outside of them, put under the wing pinions on each side, the long slices of flesh, which you cut from the breast-bone, and let the ends meet under the leg bones, and let the other ends lie cut in the dish betwixt the leg and the pinion, then pour in your sauce into the dish under your meat, and throw on salt, and set it on the Table.

To cut up a Turkey or Bustard.

YOu must raise up the leg very fair, and open the joynt with the point of your knife, but take not off the leg, the lace down the breast with your knife o both sides, n and open the breast pinion with your knife, but take it not off, then raise np the Merry-thought, betwixt the breast-bone and the top thereof, then lace down the flesh on both sides the breast

bone, and raiſe up the fleſh called the brawn, and turn it outward upon both ſides, but break it not, nor cut it off, then cut off the wing pinions at the joynt next the body, and ſtick in each ſide the pinion in the place you turned out the brawn, but cut off the ſharp end of the pinion, and take the middle piece, and that will fit juſt in the place: You may cut up a Capon or Pheaſant the ſame way, but of your Capon cut not off the pinion, but in the place where you put the pinion of of your Turkey, you muſt put the Gizard of your Capon, on each ſide half.

Diſmember that Heron.

YOu muſt take off both the legs, lace it down to the breaſt with your knife on both ſides, and raiſe up the fleſh, and take it clean off with the pinion, then you muſt ſtick the head in the breaſt, and ſet the pinion, on the contrary ſide of the carkaſs, and the leg on the other ſide of the carkaſs, ſo that the bone ends may meet croſs over the carkaſs, and the other wing croſs over upon the top of the carkaſs,

Unbrace that Mallard.

RAiſe up the pinion and legs, but take them not off, and raiſe the Merry-thought from the breaſt, and lace it down each ſide of the breaſt with your knife, bending to and fro like waves.

Unlace that Coney.

TUrn the back downward, & cut the belly flaps clean off from the Kidney, but take heed you cut not the Kidney, nor the fleſh, then put in the point of your knife between the Kidneys, and looſen the fleſh from the bone on each ſide of the bone, then turn up the back of the *Rabbet*, and cut it croſs between the wings, then lace it down cloſe by the bone with your knife on both

both ſides, then open the fleſh of the Rabbet from the bone with the point of your knife againſt the Kidney, and pull the leg open ſoftly with your hand, but pull it not off, then thruſt in your knife betwixt the ribs and the Kidney, and ſlit it out, then lay the legs cloſe together.

Sauce that Capon.

TAke up a Capon, and lift up the right leg, and right wing, and ſo array forth, and lay him in the platter, as he ſhould fly, and ſerve your Lord; and know well, that Capons or Chickens be arrayed after one ſauce, the Chickens ſhall be ſauced with green ſauce or Verjuice.

Allay that Pheaſant.

TAke a Pheaſant, raiſe his legs and his wings, as if were a Hen, and no ſauce, only ſalt.

Wing that Partridge.

TAke a Partridge and raiſe his Legs and wings as a Hen, if ye mince him, ſauce him with wine, powder of Ginger, and ſalt, then ſet him upon a Chafindiſh of coals to warm, and ſerve it.

Wing that Quail.

TAke a Quail, and raiſe his legs and wings as a Hen; uſe no ſauce, but ſalt.

Diſplay that Crane.

TAke a Crane and unfold his legs, and cut off his wings by the joynts, then take up his wings and his legs, and ſauce them with powder of Ginger, Muſtard, Vinegar and ſalt.

Diſmember that Heron.

TAke a Heron and raiſe his legs and his wings, as a Crane, and ſauce him with Vinegar, Muſtard, powder of Ginger and ſalt.

Unjoynt that Bittern.

Take a Bittern and raiſe his legs and wings, as a Heron, and no ſauce but ſalt.

Break that Egript.

TAke an Egript and raiſe his legs and wings, as a Heron, and no ſauce but ſalt.

Untach that Curlew.

TAke a Curlew and raiſe his legs and wings, as a Hen, no ſauce but ſalt.

Untach that Brew.

TAke a Brew and raiſe him up as before, no ſauce but ſalt, and ſerve it.

Break that Sarcel.

TAke a Sarcel or Teal, and raiſe his wings and legs, and no ſauce but ſalt.

Mince that Plover.

TAke a Plover, raiſe him as a Hen, no ſauce but ſalt.

A Snite.

RAiſe him as you did the Plover, no ſauce but ſalt.

Thigh

Thigh that Woodcock.

TAke a Woodcock, raiſe his legs and wings as a Hen, this done, dight him the brain.

From the Feaſt of Whitſuntide *unto* Midſummer.

IN the ſecond courſe for the meats aforeſaid, you muſt take for your ſauces, Ale, Wine-Vinegar, and Powders after meat, but Ginger a Canel from *Pentecoſt* to the Feaſt of Saint *John Baptiſt*.

The firſt courſe ſhall be Beef and Mutton, with boyled Capons, or roaſted; but if the Capon be boyled, dreſs him in the manner aforeſaid, and when he is roaſted, you muſt caſt on Salt, with Wine or Ale, then take the Capon by the leg and caſt on the ſauce, and break him out, and lay him in a diſh as he ſhould lie; firſt ye ſhall cut the right leg, and right ſhoulder, and between the four members lay the brawn of the Capon, with the croup in the end between the legs, as it were poſſible to be joyned together; and other baked meats after: And in the ſecond courſe Pottage ſhall be Juſſel, Charlet, or Motrus, with young Gheeſe, Veal, Pork, Pigeons, or Chickens roaſted with pam puff, Fretters, and other baked meat, after the direction of the Cook: Alſo the Gooſe ought to be cut member to member, beginning at the right leg, and ſo forth under the right wing, and not upon the joynt above, and it ought to be eaten with Sorrel, or tender Vines, or Verjuice in Summer ſeaſon, after the pleaſure of your Lord; alſo you muſt underſtand, that all manner of fowls that have whole feet, ſhould be raiſed under the wing, and not above.

From

From the Feaſt of St. John *the* Baptiſt, *unto* Michaelmas.

IN the firſt courſe, Pottage, Worts, Gruel and Frumenty; with Veniſon, and Mortrus, and legs of Pork with green ſauce, roaſted Capon, Swan with Chaldron: In the ſecond courſe Pottage, after the direction of the Cooks, with roaſted Mutton, Veal, Pork, Chickens, or endoured Pigeons, Heron-ſews, Fritters, or baked meats; take heed of a Pheaſant, for he muſt be baked in the manner of a Capon, but it muſt be done dry without any moiſture, and he muſt be eaten with ſalt and powder of Ginger; and the Heron-ſew muſt be dreſt in the ſame manner, without any moiſture, and he ſhould be eaten with ſalt and powder; alſo you muſt underſtand that all ſort of Fowls, having open claws, as a Capon, ſhall be dreſſed and ſet forth as a Capon, or ſuch like.

From the Feaſt of Saint Michaelmas, *unto the Feaſt of* Chriſtmas.

IN the firſt courſe, Pottage, Beef, Mutton, Bacon, legs of Pork, or with Gooſe, Capon, Mallard, Swan or Pheaſant, as it is before ſaid, with Tarts, or baked Meats, or Chines of Pork: In the ſecond courſe, Pottage, Mortrus, or Conies, or Sew, the roaſted fleſh, Mutton, Pork, Veal, Pullets, Pigeons, Teals, Widgeons, Mallards, Partridge, Woodcocks, Plovers, Bittern, Curlew, Heron-ſew, Veniſon roaſted, Streat birds, Snites, Feldfares, Thruſhes, Fritters, Chewets, Beef with ſauce, and other baked meats, as is aforeſaid: And if you carve before your Lord or your Lady, any boyled Fleſh, carve away the skin above, then carve not too much of the fleſh for your Lord and Lady and eſpecially for Ladies, for they will ſoon be angry, for their thoughts are ſoon changed,

changed, and ſome Lords will be ſoon pleaſed, and ſome not, as they be of complexion: The Gooſe and Swan may be cut as you do other Fowls, that have whole feet, or elſe as your Lord and Lady would have it: Alſo a Swan with a Chaldron, Capon, or Pheaſant, ought to be dreſſed as it is afore-mentioned; but the skin muſt be taken away, and when they are, then carve before your Lord or your Lady; for generally, all manner of whole-footed Fowls that have their living on the water, their skins be wholſom and clean, for cleanneſs of water and fiſh is their living, and if they eat any ſtinking thing; it is made ſo clean with the water, that all the corruption is clean gone away from it: But the skin of a Capon, Hen, or Chicken, is not ſo clean, for they eat foul things in the ſtreet, and therefore their skins be not ſo wholſom; for it is not their kind to enter into the River to make their meat void of filth: Mallard, Gooſe, or Swan, they eat upon the Land-fowl meat, but after their kind they go to the River, and there they cleanſe them of their foul ſtink; the skin of a Pheaſant, as is aforeſaid, is not wholſom; then take away the heads of all field and wood-birds, as Pheaſant, Peacock, Partridge, Woodcock, Curlew, for they eat in their degree foul things, as worms, toads, and other the like.

Sewing of Fiſh.

Firſt Courſe.

TO go to the ſewing of Fiſh, Muſcalade, Minnews in ſew, of Porpas, of Salmon, baked Herring with ſugar, Green-fiſh, Pike, Lamprey, Salens, Porpas roaſted, baked Gurnard, and Lamprey baked.

Second

Second Course.

JElly white and red, Dates in Confect, Conger, Salmon, Dorey, Brit, Turbet, Halibut for ſtandard, Baſe, Trout, Mullet, Chevine, Sole, Eeles, and Lamprey roaſted, Tench in jelly.

Third Course.

FReſh Sturgeon, Bream, Pearch in jelly, a Joll of Salmon, Sturgion, Welks, Apples and Pears roaſted with Sugar-candy, Figgs of Malike and Raiſins, Dates Capt, with minced Ginger, Wafers, and Ipocras, they be agreeable; this being accompliſhed, void the Table.

Of Carving of Fiſh.

THe Carver of fiſh muſt ſee to Peaſon and Frumenty, the Tayl and Liver; ye muſt look if there be a ſalt Porpas, or Sole, Turrentine, and do after the form of Veniſon, baked Herring, and lay it whole upon your Lords trencher, white Herring in a diſh, open it by the back, pick out the bones and the roe, and ſee there be Muſtard: Of ſalt-fiſh, green-fiſh, ſalt Salmon and Conger, pare away the skin, ſalt-fiſh, ſtock-fiſh, Marlin, Mackrel, and Hake with Butter, take away the bones and the skins; a Pike, lay the womb upon his Trencher, with ſauce enough, a ſalt Lamprey cut in ſeven or eight pieces, and lay it to your Lord; a Plaice, put out the water, then croſs him with your knife, caſt on Salt, Wine, or Ale, Gurnard, Rochet, Bream, Chevin, Baſe, Mullet, Roch, Pearch, Sole, Mackrel, Whiteings, Haddock and Codling, raiſe them by the back, and pick out the bones, and cleanſe the reſt in the belly; Carp, Bream, Sole, and Trout, back and belly together: Salmon, Conger, Sturgeon, Turbuthirbol, Thornback, Houndfiſh, and Halibut, cut them in thē diſhes; the Porpos about. Tench in his ſauce, cut two Eeles and Lampreys roaſted,

pull

pull off the skin, and pick out the bones, put thereto Vinegar and Powder: A Crab, break him asunder in a dish, and clean the shell, so put in the stuff again, temper it with Vinegar, and Powder them, cover it with bread, and heat it, then set it to your Lord, and lay them in a dish: A Crevis, dress him thus, part him asunder, slit his belly, and take out the fish, pare away the red skin, and mince it thin, put Vinegar in the dish, and set it on the Table without heating: A Joll of Sturgeon, cut it in thin morsels, and lay it round your dish: French Lamprey baked, open the Pastie, then take white bread and cut it thin, and lay it in a dish, and with a spoon take of Gallentine, and lay it on the bread with red wine and Powder of Cinamon; then cut a piece of the Lamprey, and mince it thin, and lay it in the Gallentine, then set it on the fire to heat; Fresh Herring with salt and wine, Shrimps well picked, Flounders, Gudgeons, Minews, Mussles and Lampreys; Sprats is good in sew Musculado in Worts, Oysters in sew, Oysters in gravie, Minews in Porpos, Salmon in Feel, Jelly white and red: Cream of Almonds, Dates in Confects, Pears and Quinses in Syrup, with Parsley roots, Mortrus of Houndfish raise standing.

Sauces of all Fish.

MUstard is good for salt Herrings, salt Fish, salt Conger, Salmon, Spatling, salt Eele, and Ling; Vinegar is good with Salt Porpos, Turrentine, salt Sturgeon, salt Thrilpole, and salt Whale, Lamprey with Gallentine; Verjuice to Roach, Dace, Bream, Mullet, Flounder, salt Crab, and Chevin, with powder of Cinamon: To Thornback Herring, Houndfish, Haddock, Whiting, and Cod, Vinegar, powder of Cinamon and Ginger; Green sauce is good with Green-fish and Hallibut, Cottel and fresh Turbet; put not your Green sauce away, for it is good with Mustard.

An

An excellent way for making Ipocras.

TAke of Grains half a dram, of Cinamon four ounces, of Ginger two ounces, Nutmegs half an ounce, Cloves and Mace of each half an ounce, bruiſe theſe well in a Morter, and infuſe them in a Gallon of White-wine four or five dayes, the veſſel being cloſe ſtopt, adde to them a pound and a half of Sugar, when it is diſſolved, put to it half a pint of Roſe-water, and as much Milk; let it ſtand one night, then run it through an Ipocras bag, then may you put it into a fine new Runlet if you purpoſe to keep it, if you preſently ſpend it, you may put it into certain pots.

An approved Receipt for a Conſumption, that hath long remained.

TAke nine, or twelve white Snailes, and break away their ſhells from them, then put them into a bowl of water for twelve hours, to cleanſe them from their ſlime, then change the water, and let them remain in the like bowl of running-water for the like ſpace, then take them out, and put them into half a pinte of white-wine, and keep them in it twelve hours; then take the Snails out of the wine, and put them into a quart of red Cows-milk, and boil it until it comes to a pinte, then adde to it one ounce of Candied Sugar, and give the Party diſeaſed to drink every morning, and at four in the afternoon; but you muſt not let the Party eat or drink any thing for two hours ſpace after the taking of it: And there is no queſtion by Gods bleſſing (if rightly prepared, and taken according as is here preſcribed) it will recover the Patient; although he hath a long time lyen very weak and lingering under that Diſeaſe: Many there are, who when Doctors have left them off for loſt, have been raiſed up again by this Receipt. And whoſoever

pleaſe

pleaſe to make uſe of what I have here inſerted, will find what I ſay to be true.

To coller Flounders.

TAke your Flounders, garinge five, and flea them, and ſcorch them, waſh them, put them into a Pipkin or Skillet, let them be covered with White or Claret-wine, put in two or three Anchovies, ſome Lemmon ſliced, two or three blades of large Mace, ſome whole Pepper, a little Salt, the duſt of Manchet, let theſe ſtew together half an hour, diſh your fiſh for ſauce, take ſome of the ſame liquor with a Lemmon minced, a little gravie of Mutton mingled together, beaten Butter, pour it on your fiſh, duſt your diſh ſide, and garniſh it with Lemmon.

To roaſt a ſhoulder of Mutton in blood.

TAke grated bread, ſome ſweet herbs picked, waſhed, and minced, with a little rind of Lemmon, Beef-ſuet, alſo with Pepper, Nutmeg and Salt, let your ſheep be ready to kill, prepare your blood, being cold, the bread and herbs with the blood mingled like a Pudding, fearſe the ſhoulder, being cut off as hot as you can, ſo having your Caul hot from your ſheep, pouring the reſt of the fearſe with the ſame blood on the meat, and prick it up cloſe in your warm Caul; when it is cold, ſpit it and roaſt it throughly, ſauce it with Gravie, two or three Anchovies diſſolved, and ſome minced Lemmon.

To make a Portugal *Pie.*

TAke two Capons roaſted, and being cold, bone and skin them, mince them very ſmall with half a pound of Almonds blanched, ſeaſon it with Salt and Nutmeg, Sugar, Roſe-water, the juyce of two Lemmons, work theſe up with a pound of ſweet Butter like a Paſte, then

then make a piece of cold Butter Paſte rich, and roul it into a ſheet, then two or three ſweet-breads of Veal, ſome ſliced Lemmon, then lay on them half of your minced meat, then put on that the Marrow of two or three Marrow bones, then lay the reſt of your meat, put in the yolks of hard eggs, make it up Patie faſhion, garniſh it to you fancie, indore it with melted Butter and Roſe-water, ſcrape on a little Sugar; a pretty quick Oven, three quarters of an hour will bake it; ſtick it with Almonds quartered, and ſend it up.

To ſtew a Carp.

TAke a Carp, ſcale and blood him in the tail, garing him in a veſſel, put to him a quart of Claret-wine, a little Vinegar and Salt, put him into a Pipkin with that liquor, with ſome Oyſters with the liquor, five or ſix blades of large Mace, whole Pepper and Cloves, the tops of Time, three or four Anchovies, an Onion minced and fryed in brown Butter, ſome grated bread, let all theſe ſtew together half an hour, with ſome Lemmon ſliced, till it come to a body to your mind; with ſippets, diſh and garniſh it as you pleaſe.

To make a Bacon Tart.

TAke three pound of Lard, or thick fat Bacon, ſcrape it as you do Butter for a diſh, put it in water a little warm, to draw out the ſalt, then take it into a dry cloth, and dry up the moiſture, put it into a ſtone Morter, and beat it well together with the yolks of eight eggs, when well beaten into a diſh, ſet it over a ſlow fire, keep it continually ſtirring till you have brought it like Cream, then preſs it through a ſtrainer, ſeaſon it with Sugar, three or four grains of Amber-greece, or Musk, cloſe it betwixt two ſheets of Paſte in a Patie-pan, or elſe indore it with melted Butter, and bake it quick, and ſend it up hot.

To

To make Vever Ollie, or Cheese-Pottage.

TAke a pottle of strong Broth, or fair water in a Skillet or Pipkin, set it on a clear fire to boyl, put to it half a penny Manchet grated, a little quantity of grated Cheese, season it with Pepper and a blade of Mace; let them boyl together half an hour, having half a pound of Parmisant or well relished Cheese, let it have one walm, remember some Parslee, Penny-royal and Beets small minced put in at the first, and when you are ready to take it off, put to it the yolks of six eggs, with a quarter of a pound of sweet Butter beaten well together, dish them with sippets, and send it up with grated Cheese about the dish.

Reader,

I Have here preſented to thee the order of a Feaſt, and a Bill of Fare, which was taken out of the Records of the Tower; *I have done it the rather, that thou maiſt ſee what liberality and hoſpitality there was in antient times amongſt our Progenitors: like this to* Solomons *royal houſe-keeping, yet he was one that was endued with wiſdome from above; by which liberality his ſubjects were made rich, ſo that ſilver was as plenty as ſtones in the ſtreets of* Jeruſalem, *and there was peace in all his dayes; according to his judgement from his inſpired wiſdome, ſo was his practice, and ſo was his declaration: for food and raiment, is all the portion that man hath in this life.*

Thus hoping to ſee liberality flouriſh amongſt us once more, as in old time.

I remain thine,

W. R.

A great F E A S T *made by* George Nevil *Chancellor of* England, *and Arch-Biſhop of* York, *in the dayes of* EDWARD *the* FOURTH, 1468.

0300 Quarters of Wheat
0300 Tun of Ale.
0100 Tunne of Wine.
0001 Pipe of Ipocras.
0104 Oxen.
0006 Wild Bulls.
1000 Muttons.
0304 Veals.
0304 Porks.
0400 Swines.
3000 Geeſe.
1000 Capons.
3000 Piggs.
0400 Plovers.
0100 Dozen of Quails.
0200 Dozen of fowls called Rees.
0400 Peacocks.
0400 Mallards and Teals.
0204 Cranes.
0204 Kidds.
3000 Chickens.
4000 Pigeons.
4000 Coneys.
0200 Eu[illegible]
9400 Heronſhaws.
0200 *Pheaſants.*
0500 *Partridges.*
0400 Woodcocks.
0100 Curlews.
1000 Egrites.
0504 Stags, Bucks & Roes.
0103 *Patties* of Veniſon cold.
0508 *Pikes* and Breams.
6000 Diſhes of Jelly.
0103 Cold Tarts.
3000 Cold Cuſtards.
1500 Hot Veniſon *Paſties.*
3000 Hot Cuſtards.
0013 *Porroſſes* and Seals.

Beſides abundance of Sweet-meats.

The great Offices.

Earl of *Warwick* Steward.
Earl of *Northumberland* Treaſurer.
Lord *Haſtings* Cup-bearer.

Lord

Lord *VVillowby* Carver.
Lord *John* of *Buckingham* Controuler.
Sir *Richard Stranwig* Surveyer.
Sir *VVilliam VVorlly* Marſhal of the Hall.
Eight Knights of the Hall.
Eighty Eſquires of the Hall
Two other Surveyers of the Hall.
Sir *John Malbiury* Pantler.

Two Eſquires Keepers of the Cubbard.
Sir *John Brakenock* Superviſor of the Hall.

Eſtates ſitting in the Hall.

At the High-Table.

The Archbiſhop in his State
On his Right hand, the Biſhops of *London*, *Durham* and *Blie*.
On his left hand, the Duke of *Suffolk*, the Earls of *Oxford* and *VVorceſter*.

At the ſecond Table.

The *A*bbots of Saint *Maries*.
The Doctors of *Halls* of *Rivones*.
The Quereſters of *Rivones*.
The Prownes of *Durham*, of *Girglen*, and of *Birlenton*, of *Giſerow*, & others, the number of eighteen.

At the third Table.

The Deans of *York*, the Lords of *Cornwell*, *York*, *Durham*, with forty eight Knights.

At the fourth Table.

The Deans of *Durham* and of Saint *Ambroſes*, all the Prebends of the *Minſter*.

At the fifth Table.

The Maiors of *York* and *Calice*, and all the *A*ldermen.

At the ſixth Table.

The Judges of the Land, four Barons of *Exchequer*, and twenty ſix Counſellors.

At the laſt Table.

Sixty nine Knights, wearing

the

the Kings badges and his arms.

Eſtates ſitting in the chief Chamber.

At the firſt Table.

The Duke of *Gloceſter* the *K*ings Brother, and upon his right hand the Duke of *Suffolk*, and upon his left hand the Counteſs of *VVeſtmorland* and *Northumberland*, and two of the Earl of *VVarwicks* daughters.

At the ſecond Table.

The Barons of *Greyſtock*, with three other Barons.

At the third Table.

Eighteen Gentlemen of the ſaid Lands.

Eſtates ſitting in the ſecond Chamber.

At the firſt Table.

The elder Dutcheſs of *Suffolk*, the Counteſs of *VVarwick* and *Oxford*, the Ladies *Haſtings* and *Barwick*.

At the ſecond Table.

The Earls of *Northumberland* and *VVeſtmorland*, the Lords of *Fitſhugh* only with two Barons.

At the third Table.

Fourteen Gentlemen, and fourteen Gentlewomen of quality.

In the low Hall.

Four hundred and twelve of the Nobility, with double ſervice.

In the Gallery.

0200 Noblemens ſervants, with their ſervants
1100 Inferiour Officers, with their ſervants.
1500 Other meaner ſervants of all Offices.
0062 Cooks.

} 2862

FINIS.

Books Printed for *Eliz. Calvert* at the Black Spread-Eagle at the West-end of St. *Pauls*.

FOLIO.

Burgess on the *Cor*..
Wright on the *Pentateuch*.

OCTAVO.

Dr *Owen* of Indwelling Sin.
Mr *Steeles* Antidote.
——His Husbandmans Calling.
Wilson's Judicium Discretionis.

Small OCTAVO.

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